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

OCTOBER 30, 2026

Friday	10/30	**9:00–11:00 a.m.**	**Wee Care Trick-or-Treating**
		10:00 a.m.	*Bible Study—VC Room 5*
		10:30 a.m.	Gentle Movement and Self Massage Class—OPR
		1:00–4:00 p.m.	Suwannee County Veterans Service—Member Services
		2:00 p.m.	Crafty Crew—CH Activity Room
Saturday	10/31	**8:00 a.m.–1:00 p.m.**	**Autumn Fest—VS (Shuttle Service 9:00–1:00)**
		8:00–9:30 a.m.	**Pumpkin Yummy Entry Drop-Off—VS**
		8:00–9:30 a.m.	**Pumpkin Decorating Entry Drop-Off—VS**
		5:30–7:30 p.m.	**Community Trick-or-Treating**
Sunday	11/1	**Daylight Saving Time Ends — "Fall Back" One Hour**	
		9:40 a.m.	Worship Service—VC
		11:00 a.m.	Sunday School for all ages
		4:00 p.m.	**WHFMS Council Meeting—VC Room 5**
		6:00 p.m.	Evening Worship Service—BC
Monday	11/2	1:00–4:00 p.m.	Connecting Threads Ministry—KC
		1:30 p.m.	**Coping with Low Vision Support Group—OPR**
		1:30 p.m.	*VCBI: Gospel of Luke—VC Room 5*
		1:30–4:00 p.m.	Model Train Club—Chriss Building
Tuesday	11/3	**8:15 & 8:30 a.m.**	**Bus Trip: VSU Planetarium and Lunch—DH & LAP**
		8:30 a.m.	*Men's Bible Study—VC Room 5*
		7:00 p.m.	**Annual Membership Association Meeting—RDR**
Wednesday	11/4	8:15 & 8:30 a.m.	Bus Trip: Walmart—CH & DH
		9:00–11:00 a.m.	Ceramics—PCS
		1:15 & 1:30 p.m.	Bus Trip: Walmart—CH & DH
		6:00 p.m.	*Prayer Meeting—BC*
		6:30 p.m.	Chancel Choir Rehearsal—VC
		7:00 p.m.	Christmas Cantata Practice—VC
Thursday	11/5	**9:00 a.m.–3:00 p.m.**	**Suwannee Tax Collector—VS**
		9:30 a.m.–12:30 p.m.	Village Artists Guild—KC
		10:00 a.m.–2:00 p.m.	**Florida Licensing on Wheels—VS**
		10:00 a.m.	Plarn Ministry—CMH
		7:00 p.m.	**Live! at Dowling Park: Veranica and Her Amazing Dancing Dogs—Camp Suwannee Pavilion**
Friday	11/6	**The Jo Kennon Public Library is Closed Today**	
		10:00 a.m.	*Bible Study—VC Room 5*
		10:30 a.m.	Gentle Movement and Self Massage Class—OPR
		1:00–4:00 p.m.	Suwannee County Veterans Service—Member Services
		2:00 p.m.	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

Carolyn Williams, who was a resident of GSC, died Oct. 22. Her memorial information will be posted when available.

Donna Herring, who was a resident of GSC, died Oct. 21. She will be remembered at the GSC memorial service on Wednesday, Nov. 4, at 10:00 a.m. in the Magnolia Dining Room.

Glenda Musgrove, who was a resident of GSC, died Oct.17. She will be remembered at the GSC memorial service on Wednesday, Nov. 4, at 10:00 a.m. in the Magnolia Dining Room.

Buddy McCall (husband of Penny), who was a resident of GSC, died Oct. 15. He will be remembered at the GSC memorial service on Wednesday, Nov. 4, at 10:00 a.m. in the Magnolia Dining Room.

Nelda Hodek, who was a resident of Butterfield Acres and GSC, died Oct. 9. She will be remembered at the GSC memorial service on Wednesday, Nov. 4, at 10:00 a.m. in the Magnolia Dining Room.

Kathryn Murray, who was a resident of GSC, died Oct. 8. She will be remembered at the GSC memorial service on Wednesday, Nov. 4, at 10:00 a.m. in the Magnolia Dining Room.

Russell Johnson, who was a resident of Edgewood Terrace, died Oct. 5. His funeral will be held Nov. 5 at 11:00 a.m. at St. Lukes Episcopal Church in Live Oak. There will be a meet and greet at 10:00 a.m. and a reception at 12:00 noon.

Gloria Williams, who was a resident Lawrence House, died Sept. 25. A celebration of Gloria's life will be held on Oct. 30 at 10:00 a.m. at Daniels Funeral Home in Live Oak.

NEW MEMBER

Pat Rosekrans of Syracus, N.Y., has moved to Carter House. Her mailing address is P.O. Box 4027.

TRANSFER

Glynn Dasher has transferred from Carter House Apt. 108 to Apt. 106. His mailing address remains the same.

ANNOUNCEMENTS

¢ents & Sensibility

-VP of Finance/CFO Michael Willis

CHANGE IN POST OFFICE HOURS

Effective Oct. 28, 2026, the Dowling Park post office will no longer be closed for lunch. The new hours for the post office will be as follows:

Monday–Friday 11:00 a.m.–3:00 p.m.
Saturday 11:00 a.m.–1:00 p.m.

Medical Moment

-VP for Health Services Keri Hilliard

OPEN ENROLLMENT

Medicare Open Enrollment runs from Oct. 15 through Dec. 7 each year. During this period, you may make changes to your Medicare coverage that will take effect on Jan. 1, 2027.

During Open Enrollment, you may:

- Join, drop, or switch to a Medicare Advantage plan.
- Join, drop, or switch to a Medicare Part D prescription drug plan if you have Original Medicare.
- Switch from Original Medicare to a Medicare Advantage plan.
- Switch from a Medicare Advantage plan back to Original Medicare.

If you have Original Medicare, you may also wish to enroll in a separate prescription drug plan and consider purchasing a Medicare Supplement (Medigap) policy.

As you review your coverage options, keep in mind that while Medicare Advantage plans often have lower monthly premiums, they may also include network restrictions and require prior authorizations for certain services, including skilled nursing care.

Please note that Good Samaritan Center is not currently in the Humana Medicare Advantage network. Individuals enrolled in a Humana Medicare Advantage plan who require skilled nursing care may not be able to receive those services at Good Samaritan Center.

In addition, ACV Home Care is not in network with certain UnitedHealthcare and Humana plans. Individuals enrolled in those plans may not be eligible to receive home care services through ACV Home Care.

If you would like assistance reviewing your Medicare Open Enrollment options, please contact your service coordinator.

You may also receive free, unbiased Medicare counseling through SHINE (Serving Health Insurance Needs of Elders) by calling 1-800-96-ELDER or visiting floridashine.org.

ACV EVENTS

WEE CARE TRICK-OR-TREATING

Friday, Oct. 30, 9:00–11:00 a.m.

The Wee Care children will be trick-or-treating on Friday, Oct. 30. They will visit varous locations including Carter Village Hall, the JKPL, GSC, Dacier Manor, the Village Square, J. Ralph Smith Center, and the Dowling House and Carter House lobbies.

Autumn Fest 2026

Saturday, Oct. 31, 8:00 a.m.–1:00 p.m. - VS

Autumn Fest 2026 will be held Saturday, Oct. 31. This day will be full of fun activities for all!

This year's Autumn Fest will include vendors offering handmade items, miscellaneous merchandise for sale, and food. We're also planning live entertainment once again. And for the kids, we've asked the vendors to bring candy to hand out to trick-or-treaters.

Taking part in one or both of the contests — Pumpkin Yummy and/or Pumpkin Decorating — is a great way to get a jump start on the fun (see details below). The judging will take place at 10:00 during Autumn Fest, and the winners will be announced at 11:00.

All of the Pumpkin Yummy contest entries will be sold bake sale style. The proceeds will be donated to ACV's benevolent fund. (There is no limit to the number of entries, and even if you don't want your yummy to be judged, you can still donate something for the bake sale — pumpkin or not.)

Make plans to join us for an exciting day. Festivities will begin at 8:00 a.m. on Saturday, Oct. 31, in the Village Square.

Shuttle bus transportation will be available Saturday morning from 9:00 a.m. until 1:00 p.m. The shuttle will make regular (unscheduled) stops at Carter House, Dowling House, and the Village Square. If you'd like to be picked up from another location, call (386) 208-2584. The only destinations will be homes and the Village Square.

Remember to Wave

PUMPKIN YUMMY CONTEST
Saturday, Oct. 31, 8:00–9:30 a.m. - VS

With fall in the air, it's time to prepare your favorite pumpkin delicacy. One of the many activities we have planned for Autumn Fest will be a contest to select the most delicious pumpkin-based dish. Bring entries to the Village Lodge office between 8:00 a.m. and 4:00 p.m. Friday, Oct. 30, or between 8:00 and 9:30 a.m. Saturday, Oct. 31, for the judging. The winners will be announced at 11:00 a.m. during Autumn Fest. Following the announcement of the winners, the entries will be for sale at the Village Lodge. All proceeds will go toward ACV's benevolent fund.

PUMPKIN DECORATING CONTEST
Saturday, Oct. 31, 8:00–9:30 a.m. - VS

To celebrate Autumn Fest, let's decorate pumpkins! Do one of your own. Do one with your coworkers. Call the grandkids! To help celebrate our Autumn Fest, you are invited to decorate a pumpkin! Carve it, paint it, dress it, plant it ... whatever suits your artistic expression. Bring your entry to the Village Lodge office between 8:00 a.m. and 4:00 p.m. Friday, Oct. 30, or between 8:00 and 9:30 a.m. Saturday, Oct. 31, for the judging. The winning entry will be announced at 11:00 a.m. during Autumn Fest.

After Autumn Fest, the pumpkins will be transported to the Lopin' Gopher eating area to be admired for a week or so.

COMMUNITY TRICK-OR-TREATING
Saturday, Oct. 31, 5:30–7:30 p.m.

ACV is a popular trick-or-treat area for many local youth and their families. Trick-or-treating in the Village will start before sunset and end after sundown. Participation is strictly voluntary. Members living in the apartment buildings often greet the Halloween guests in the lobby of their respective buildings as a group. If you live in other areas of the Village, leave your porch light on to indicate you would like to have Halloween visitors. Many neighbors gather together in driveways or on porches to welcome the young visitors with their treats.

COPING WITH LOW VISION SUPPORT AND RESOURCES GROUP
Monday, Nov. 2, 1:30 p.m. - OPR

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

BUS TRIP: VSU PLANETARIUM
Tuesday, Nov. 3
8:15 a.m. - DH & 8:30 a.m. - LAP

We are scheduled for a 10:00 a.m. planetarium show at Valdosta State University on Tuesday, Nov. 3. The show is *From Earth to the Universe*. "The night sky, beautiful and mysterious, has been the subject of ancient myth and legend for as long as there have been people. This stunning voyage through time and space conveys, through light and sound, the awesome Universe revealed to us by science." The show is free.

The eighth grade class from Corinth Christian Academy in Jennings, Florida, will join us for the show.

After the 30-minute show, the riders will have the opportunity to eat at a Valdosta restaurant if desired.

If you would like to go, please sign up at the Information Center.

ANNUAL MEMBERSHIP ASSOCIATION MEETING
Tuesday, Nov. 3, 7:00 p.m. - RDR

All ACV members are invited to attend the Annual Membership Association Meeting on Tuesday, Nov. 3, at 7:00 p.m. in Rumph Dining Room. Bring your neighbors. ACV President/CEO Craig Carter will be the special speaker. Refreshments will be served at 6:30 p.m.

Nominations

During the Annual Membership Association Meeting the membership will vote on the officers who will make up the 2027 Membership Association Executive Committee.

The 2026 Nominating Committee of the Membership Association is pleased to announce the slate of proposed officers for 2027:

President: Linda Cywin
First Vice President: Caroline Welkley
Second Vice President: Charlotte Evans
Secretary: Patty Gianeskis
Assistant Secretary: Debbie Snead

Additionally, the Nominating Committee will present three candidates for the position of membership representative on the ACV Board of Directors. Members will also vote to forward three nominees to the ACV Board of Directors at the annual meeting. After interviewing the nominees, the Board will select one individual to serve as the member representative for a four-year term. This year's nominees are Errol Gillette, Gaye Martin, and Donald Wrigley. (Biographies are available in Member Services for those who would like to read about the nominees.)

If you would like to nominate another for one of the above positions, please submit the name to Member Services prior to the Nov. 3 meeting so that we can be prepared. You must have the consent of the individual before submitting their name.

SUWANNEE COUNTY TAX COLLECTOR
Thursday, Nov. 5, 9:00 a.m.–3:00 p.m. - VS
Closed 12:00–1:00 for lunch

Staff from the Suwannee County Tax Collector's office are in the Village Square professional offices on the first Thursday of each month from 9:00 a.m. to 3:00 p.m. (closed 12:00–1:00 for lunch). This service will enable you to purchase automobile tags and pay your property taxes. For more information, please contact Suwannee County Tax Collector Sharon Jordan or her staff at 362-2816, or you may visit the office's website at suwtax.com.

STATE OF FLORIDA: FLORIDA LICENSING ON WHEELS
Thurs., Nov. 5, 10:00 a.m.–2:00 p.m. - VS

The Florida Department of Motor Vehicles FLOW vehicle is coming to Dowling Park. FLOW stands for Florida Licensing on Wheels. For more information you can go to their website, gathergoget.com. FLOW brings the following services directly to the customer:

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

Weekly Game Schedule

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

Tuesday
1:00 p.m. Hand and Foot Card Game—CMH

Wednesday
1:00 p.m. Bridge Club—Old Pavilion Room

Thursday
6:00 p.m. Bingo—CH Activity Room
6:00 p.m. Skip-Bo—RV Activity Room

• Emergency Contact Information registration

For your convenience, the Department accepts the following payment methods: cash, check, and credit cards. When applying for a license, stop by the Member Service office to receive a letter confirming your physical address prior to going to the FLOW mobile.

LIVE! AT DOWLING PARK: VERANICA AND HER DANCING DOGS
Thursday, Nov. 5, 7:00 p.m.
Camp Suwannee Pavilion

Veranica and Her Amazing Dancing Dogs burst onto the national stage on America's Got Talent, where the then-12-year-old third-generation performer wowed the judges with her high-energy choreography, clever quick-change magic, and the remarkable precision of her expertly trained poodles. Today, Veranica shares that same charm, showmanship, and crowd-pleasing talent across the country.

Bus transportation from Carter House and Dowling House and by appointment (call 386-208-2584) will be available to and from the event starting at 6:00 p.m.

Ticket prices have been reduced for this event. Individual tickets can be purchased from the ACV cashier's office and at the event for $10 (ACV member), $20 (non-member), and $5.00 (students); or season passes can be purchased at the cashier's office for $110 (ACV member) and $150 (non-member). Those with season passes may also attend the Community Concerts of Lake City free of charge. Call 658-5400 for more information.

BUS TRIP: COMMUNITY CONCERTS OF LAKE CITY: ASTRALIS ENSEMBLE
Friday, Oct. 16, 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

Four dazzling musicians of the Astralis Chamber Ensemble — playing cello, piano, viola and flute — present "American Discoveries," a program that explores works by American composers in celebration of America's 250th anniversary.

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. Sign up at the Information Center if you'd like to ride the bus.

BUS TRIP: DINE-OUT TO THE BROWN LANTERN
Monday, Nov. 9
4:15 p.m. - DH & 4:30 p.m. - LAP

The ACV bus will be traveling to the Brown Lantern restaurant for supper on Nov. 9. The Brown Lantern offers many American classics such as salads, burgers, steaks, chicken dishes, and seafood. Prices range from under $5.00 to almost $30. Please sign up at the Information Center.

ACV VETERANS RECOGNITION
Tuesday, Nov. 10, 11:45 a.m. - RDR

Calling all veterans! We want to honor you at our annual special luncheon and program that will include a speaker and music. You don't have to be a veteran to attend; all are invited to come help ACV say thank you to our many veterans. Lunch begins at 11:00 as usual, and the program will begin at 11:45.

ACV veterans (members and staff), plan to pick up a special nametag outside Sawmill and Depot before entering the dining room for lunch. That nametag will serve as your free lunch ticket. There is no need to call ahead.

BUS TRIP: SUWANNEE VETERANS DAY PARADE
Wednesday, Nov. 11, 8:30 a.m. - DH

ACV is participating in this year's Suwannee Veterans Day Parade in Live Oak on Wednesday, Nov. 11. All ACV veterans (and friends) are encouraged to sign up at the Information Center if you are interested in riding on the float. We would like to fill the float with waving veterans and veteran supporters.

The ACV bus will leave from Dowling House at 8:30 a.m. to arrive and load onto the float at 9:00 a.m. Following the parade, which begins at 9:00, the bus will take everyone to the Live Oak City Cemetery for the annual Veterans Day ceremony, and then to the Elks Lodge for a free lunch.

Last year, it was a little chilly, but it looks like it's going to be a beautiful day this year, so don't let that stop you. We can bring the "big bus" if needed, so there will be lots of room.

If you cannot stay for the Cemetery ceremony and lunch at the Elks Lodge, let Member Services know that you need transportation home after the parade.

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

Join us for the November member birthday party. Our special musical guests will be the worship class from Westwood Christian School. They are planning to lead a worship singalong. Everyone is invited, and ACV members with November birthdays will receive special recognition. Come and bring a friend. See you there!

LADIES' AND MEN'S FELLOWSHIP BREAKFASTS
Saturday, Nov. 14, 8:30 a.m.
Ladies: SMR/DR, Men: RDR

The next Ladies' and Men's Fellowship breakfasts will be held on Saturday, Nov. 14, at 8:30 a.m. The speaker for the men will be Gale Buchanan. The speaker for the ladies will be Miriam Abbott. Come for fellowship, prayer, 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 these 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.

EVENTS HERE AND THERE

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

DP ASTRONOMY GROUP MEETING

The Dowling Park Astronomy Group will meet Monday, Nov. 2, at 6:30 p.m. in Classroom 5 at the Village Church. Come and learn about the sky above us. Find out what is coming up in November in astronomy, and what you can do to see these events for yourself. We will also see a video of past events from last month. All are welcome.

CAREGIVER SUPPORT GROUP

WHO: Jackie Campbell
WHAT: Caregiver Support Group
WHEN: Tuesdays at 1:30 p.m. (time change)
WHERE: 23379 Elmwood Lane in Riverwoods
WHY: Because everyone needs to talk to someone
HOW: With your presence

If you are a caregiver of any kind, you are welcome to attend our weekly meet and greet with other caregivers. This is a discussion group where we share experiences, learn from one another, give encouragement, and realize that we are not alone. What is said here stays here. We are a friendly bunch and would love for you to join us.

WALKING WITH GOD MINISTRY
Tuesdays at 6:30 p.m.

Come to Lake Aquilla on Tuesdays at 6:30 p.m. to focus on improving your health and strengthening your relationship with Christ. Gather for fellowship, enjoy a brief devotional based on Walking Through the Seasons of Life, and then walk, stroll, or roll at your own pace. (In the event of inclement weather, meet at the Lopin' Gopher and walk indoors.) Bring a friend or come on your own. Either way, you are invited to join in! The group will continue meeting through Nov. 17.

PRAYER FOR ISRAEL

The monthly meeting to pray for Israel will be on Wednesday, Nov. 4, at 5:30 p.m. in Classroom 5 at the Village Church. All those interested in praying for the salvation of Jewish souls, for those missionaries who are laboring for the purpose of Jewish souls coming to Jesus as Savior, for Biblical mission organizations reaching out to the Jewish people, and for the peace of Jerusalem are welcome to attend.

SKIP-BO
Thursdays at 6:00 p.m.
Smith Riverview Activity Room

Do you like to play Skip-Bo? A group is playing Thursday nights at 6:00 in the Smith Riverview activity room. All are welcome to join.

VETERANS MEETING
Friday, Nov. 6, 12:00 noon - DR

All veterans are invited to attend the next monthly veterans gathering in the Depot Room on Friday, Nov. 6, at 12:00 noon. Lunch will be provided.

FREE BRASS AND CHOIR CONCERT
Friday, Nov. 13, 7:00 p.m.
North Florida College in Madison, Florida

North Florida College in Madison, Florida, is hosting a free concert featuring Valdosta State University's Presidential Brass Quintet and Chamber Singers. To reserve your tickets for the Friday, Nov. 13, at 7:00 p.m. concert, visit www.nfc.edu/visitors/sentinel-stage/. Seats are limited.

JO KENNON PUBLIC LIBRARY
386-658-2670
Website: srrlib.org
Email: dpark@neflin.org
Mon., Wed. & Fri. 9:00 a.m.—5:00 p.m.
Tues. & Thurs. 9:00 a.m.—7:00 p.m.
Closed Saturday & Sunday

What's Happening Each Week:

Starbooks Café	Tuesdays	9:30 a.m.
Preschool Storytime	Wednesdays	10:00 a.m.
Scrabble	Wednesdays	11:00 a.m.
Crochet, Knit & Stitch	Wednesdays	2:30 p.m.
Kids Corner Activities	Thursdays	4:30 p.m.

JKPL Closure
The JKPL will be closed Friday, Nov. 6, for staff training.

Program Schedule Notice
Our regular weekly programming may be interrupted due to early voting at the JKPL. Specifically, yoga will not meet Nov. 2. If you're planning to attend a program, please call the JKPL ahead of time to confirm it will be held. Thank you for your understanding!

Voting at the JKPL
Early voting will be available at the JKPL through Oct. 31 from 8:30 a.m. to 4:30 p.m. each day. Any registered Suwannee County voter may cast their ballot at the JKPL during the early voting period. On Election Day, Nov. 3, polls will be open from 7:00 a.m. to 7:00 p.m., and voters must vote at their assigned precinct. The JKPL serves Precinct 9. If you're unsure of your polling location, check your voter information card or use the Voting Location Finder on the Suwannee County Supervisor of Elections website (suwanneevotes.com). Be sure to bring a valid photo and signature ID with you when you come to vote.

The Annual Great Pumpkin (Rock) Hunt!
The 6th Annual Great Pumpkin Hunt is almost over! There's just a few days left to find a rock and claim your prize! Small, two-to-three-inch rocks painted like jack-o'-lanterns and other fun Halloween icons are hidden around the Village Square and outside local businesses in Dowling Park. Found a rock? Bring it to the JKPL to claim a piece of candy, a bookmark, or a sticker. Happy hunting, and don't miss your chance to join the fun before Oct. 31!

ACV Autumn Fest
We will have a booth at the ACV Autumn Fest on Saturday, Oct. 31! Make sure to come by and say hello, get some free goodies, and learn about all the JKPL has to offer!

Daylight Saving Time
Make sure to change your clocks on or before Nov. 1 from Daylight Saving Time!

History of Suwannee County
Eric Musgrove will visit the JKPL on Thursday, Nov. 5, at 10:00 a.m. to captivate us with local history! If you enjoy his presentations, grab one of Eric's books while you are here: *Reflections of Suwannee County* or *Lost Suwannee County*. Miss a session? Check out SRRL's YouTube page and look for the History of Suwannee County playlist.

As the Page Turns book Club
Join us as we discuss *One Last Night* by Mhairi McFarlane, our November Book Club selection! Whether you've read every page or are just finishing up, we'd love to have you join the conversation on Thursday, Nov. 5, at 2:00 p.m.

Collage Night
On Nov. 5 at 2:00 p.m. and 5:30 p.m., come try your hand at collage! Collage is an art form where you glue paper, magazines, photographs, and/or fabric on a flat surface to make something that is entirely your own! All materials will be provided, but you are welcome to bring your own photos, papers, or canvas if you would like! Signing up is helpful but not required.

SHINE - Medicare Open Enrollment
It's Medicare Open Enrollment, and SHINE has appointments available on the afternoons of Nov. 16 and 30. Call the JKPL to make an appointment today! During Open Enrollment no walk-in appointments will be seen.

2027 *Medicare & You* Handbook
The 2027 *Medicare & You* booklets are now available at the JKPL! The JKPL has regular-print, large-print, and braille copies. If you need a booklet, but have difficulty getting to the JKPL, give us a call, we'll be happy to help get you the information you need.

Save the Date
Nov. 10 and 12 — Painting with Liz (registration required)

RIVER LANDING BISTRO
Specials

Friday & Saturday Soup: Broccoli Cheddar

Friday, Oct. 30

Chicken Fried Steak with Country Gravy,
Tri-Color Potatoes, and a Vegetable, $16.95
Hawaiian Flatbread Pizza (Ham, Pineapple, Sauce and Mozarella), $12.95

Saturday, Oct. 31

8:00–10:30 a.m.: Pumpkin Pancakes, $8.50
11:00 a.m.–2:00 p.m.: Grilled Sausage and Peppers Hoagie, $9.95
11:00 a.m.-8:00 p.m.: 8-Piece Grilled Curry Shrimp
with Rice and a Vegetable, $16.95

Nov. 13 — Tech Talk
Nov. 17 — "Meet Mary" — Author visit from P. Lynn Hutchins

BUS TRIPS

- Bus transportation is limited to ACV members, ACV staff, and Lifestyle Club members.
- No eating or drinking on any ACV bus. (Exception: plain water)
- No open food or drink containers on any ACV bus. (Exception: plain water)
- Contact the Information Center in person or by phone at 658-3333 to sign up for bus trips.
- Limit your use of perfumes, aftershaves, and colognes when riding the bus.

WEEKLY LIVE OAK SHOPPING TRIPS

- Rider limit is restricted to eight in-seat passengers and one scooter.
- Bring your own shopping bags.
- Those who sign up for a weekly shopping trip will be put on the waiting list if they sign up for a trip the following week.
- Only one scooter or power chair per regular Wednesday shopping trip will be allowed.

Upcoming Shopping Trips:.

- **Nov. 4 morning — Walmart** — Leave CH at 8:15 a.m. and DH at 8:30 a.m. Leave Walmart at approximately 11:15 a.m. and return to the Village at noon.
- **Nov. 4 afternoon — Walmart** — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Leave Walmart at approximately 3:45 p.m. and return to the Village at 4:30 p.m.
- **Friday, Nov. 13, morning — Winn-Dixie, Save A Lot & Publix** — Leave CH at 8:15 a.m. and DH at 8:30 a.m. Drop off at Winn Dixie and Save A Lot, park at Publix. Leave Publix at approximately 11:15 a.m. and return to the Village at noon.
- **Friday, Nov. 13, 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.
- **Nov. 18 morning — Walmart** — Leave CH at 8:15 a.m. and DH at 8:30 a.m. Leave Walmart at approximately 11:15 a.m. and return to the Village at noon.
- **Nov. 18 afternoon — Winn-Dixie, Save A Lot & Publix** — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Drop off at Winn-Dixie and Save A Lot, park at Publix. Leave Publix at approximately 3:45 p.m. and return to the Village at 4:30 p.m.

DEPARTMENT NEWS

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

MESSAGE: A Radical Love, a Troubled Spirit, and a Dark Night
TEXT: Ephesians 3:14–21 and John 13:18–30 NIV '84
SPEAKER: Rev. Sam Worley

The pastoral staff at the Village Church would like to express our deep gratitude to you for the many heartfelt expressions of appreciation and love that we received at Sunday evening's gathering in the dining room! It was both fun and meaningful. It is our privilege to serve Christ among you, to be lifted up in your prayers, and to enjoy your friendship. We don't take any of that for granted! Bless each and every one!

The following Village Church events are happening this week:

Friday, Oct. 30
10:00 a.m. — Bible Study, Donald Wrigley (Room 5)

Sunday, Nov. 1
9:40 a.m. — Worship Service (Church)
11:00 a.m. — Sunday School for all ages
4:00 p.m. — Regeneration
4:00 p.m. — WHFMS Council Meeting (Room 5)
5:00 p.m. — Youth (Lighthouse)
6:00 p.m. — Evening Worship Service, Rev. Donald Wrigley (Chapel)

Monday, Nov. 2
1:30 p.m. — VCBI: Gospel of Luke, Donald Wrigley (Room 5)
6:30 p.m. — Handbells Rehearsal (Church)

Tuesday, Nov. 3
8:30 a.m. — Men's Bible Study (Room 5)

Wednesday, Nov. 4
5:30 p.m. — Prayer for Israel (Room 5)
6:00 p.m. — Prayer Meeting (Chapel)
6:30 p.m. — Chancel Choir Practice (Church)
7:00 p.m. — Christmas Cantata Practice (Church)

Friday, Nov. 6
10:00 a.m. — Bible Study, Tom Spannagle (Room 5)

COPELAND COMMUNITY CENTER
Katie Nanuseski–386-658-5555

Monday, Nov. 2, there will not be any group fitness classes at Copeland Community Center.

MEMBER SERVICES
James Sutter–386-658-5400

Member Services Tip of the Week

Residents who use scooters or power chairs are encouraged to exercise extra caution when traveling through parking lots. Because scooters and power chairs can easily be hidden by parked vehicles, landscaping, and other obstacles, motorists may not always see you.

For your safety, remain alert and make eye contact with drivers whenever possible. If you are unsure whether a driver sees you, do not proceed into their path. Always err on the side of caution and give vehicles the opportunity to stop before crossing in front of them.

A few extra moments of patience can help prevent an accident and keep everyone safe.

Scam Tip of the Week:
Social Security Scams

The No. 1 thing Social Security scammers do is solicit information from people over the phone by posing as representatives for the Social Security Administration (SSA). They trick people into giving them personal information including their Social Security numbers and bank transfer information. These con artists prey on unsuspecting victims by claiming the authority of the agency and then telling them there's a problem with their account.

The following are facts to keep in mind about the SSA:

- Social Security accounts are never suspended.
- The SSA will never ask for your Social Security number over the phone.
- Anytime someone calls claiming a citizen owes the SSA money, this is a lie and a scam.
- The SSA will not call you regarding issues with your account. Their first and most common method is always by letters in the mail.
- The SSA will not pressure recipients to respond with deadlines and payments.

People should never give out personal information over the phone, and if they believe a call might be legitimate they should hang up, check their account online, and then initiate a call to the SSA if need be. (Source: Daily360.com)

Member Benefit of the Week

Members receive a 15% discount at the Village Lodge and when renting one of the cottages for loved ones when registered by the member. The cottages are very helpful for family reunions and similar gatherings so the whole family can stay together under one roof. One cottage has five bedrooms and five bathrooms, and two have nine

bedrooms and eight bathrooms. All three cottages are fully equipped with full kitchens, living spaces, and even laundry rooms.

TV2

Next week's episode of *What the Bible Says About* ... will be an interview with ACV's Stephen Ministries.

What the Bible Says About ... airs Monday at 8:30 a.m. and 11:30 p.m., Wednesday at 2:30 and 9:30 p.m., and Saturday at 10:30 a.m. and 9:30 p.m.

ACV ACTIVITY NEWS

BRIDGE CLUB
Dottie Stone, Reporter

The Bridge Club meets on Wednesdays at 1:00 p.m. in the Old Pavilion Room. If you would like to play, please call me at (352) 316-5161 by noon on Monday.

Congratulations to our Oct. 14 winners: 1st high was Howard Geer, and 2nd high was Cindy Hett.

CONNECTING THREADS MINISTRY
Monday, 1:00–4:00 p.m.
Keepers Cottage

Connecting Threads Ministry will meet on Monday, Nov. 2, at Keepers Cottage at 1:00 p.m.

Seven attendees made a variety of fabric pumpkins for the Rustic Shop sale. We will make more pumpkins at the next meeting. There are a variety of steps in the process, so please come to lend a hand and enjoy the fellowship.

CRAFTY CREW
Fridays, 2:00–4:00 p.m.
Carter House Activity Room

We had SO much fun making Thanksgiving cards last week! We'd like to make some more once supplies are replenished. We also had several crocheting and knitting, with some creating items to be donated to those in need.

This Friday we'll be making cute pumpkins out of pipe cleaners. Surprise someone with a little decoration and enjoy one yourself! As always, feel free to bring along your own projects to work on. Get in on the fun!

For any 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

Eight new-to-us books by Grace Livingston Hill are now ready for check-out along with a copy of *The Greatest Missionary Generation: Inspiring Stories from Around the World* by Larry W. Sharp.

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 the 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.

MODEL RAILROAD CLUB
Ron Oberg, Reporter

The Model Railroad Club meets every Monday at 1:30 p.m. in the Chriss Building. All ACV members are welcome. We have something for everyone. We are currently working on a 250 layout with a round house where the trains are worked on.

We currently need people who would like to work on landscapes — putting together miniature trees, scrubs, foliage and other scenery. The club will pay for the kits, you just need to bring your talents.

With Christmas coming we can advise concerning gifts for all ages. Come visit some Monday.

PEN PAL PROGRAM
Cathy Oberg, Reporter

The next pick-up date is Friday, Oct. 30. Please have your letters at the Information Center before 11:00 a.m.

Save the date: Monday, Nov. 16, the students and teachers will visit ACV for the annual luncheon in the Sawmill and Depot rooms. Please call the Information Center or me and advise if you will attend. They will arrive around 11:15 a.m., and we will have lunch, play bingo and spend some time walking around Lake Aquilla until they head back home at 2:15 p.m. If you need more information feel free to call.

∞ *At the Village Square* ∞

Your purchases at any of these shops help support ACV. Gift certificates are available.
Hours: Wed.–Fri. 10:00–4:00, Sat. 10:00–2:00

Stop by and see us at Autumn Fest!

Riverside Gifts
New Retail Gifts

The stuffies have arrived: stuffed animals of all kinds — hairy highland cows, bears, and even dinosaurs! They make great gifts for the grands, and many of them will fit nicely into an Operation Christmas Child shoebox. Boxed Christmas cards are in, so you can start your list early. Ladies, pick up a new purse for the fall/winter. We have several styles and sizes. Need a notebook for your Bible study notes or to write that memoir? We have a large supply of spiral bound notebooks with beautiful covers and inspirational verses to choose from.

Rustic Shop
Vintage Collectibles, Handmade Items, and Cards

We have several new collections you may be interested in, including a clown collection — several are musical. The Kovack Pottery Collection decorated with pinecones adds a perfect touch for the season. Are you in need of a jewelry box? We have one with double sides and plenty of space for all your jewelry. Check out our cream and sugar bowls to sweeten your day. There's always something new and interesting to see at Rustic Shop.

Twice Nice Shop
Resale Clothing, Accessories and Books

In this cooler weather, it's more fun to shop for clothes. There are some gems among our racks — some with designer labels and always at low, low prices. We have a dressing room, so you can try them on before you buy.

Paperback overstock sale! **Except for those on our collectible shelf, all paperbacks, regardless of genre, are five for $1.00 this month!**

Crafters and musicians ... mechanics and culinary artists ... There are paperback manuals in your specialties for 20¢ per item. Look for them on the Book Nook shelves and among the overflow items on the rolling cart.

Don't forget to stop by the collectible bookcase to peruse several new arrivals signed by the author, and of course, peek at what is available on the free shelves.

Do puzzles intrigue you? There are several on display just waiting to be good company for you on these chilly fall days.

∞ *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 china closet: must go! Make an offer. Setting up a Christmas Shoppe. Come and see.

STEPHEN MINISTRY:
Sometimes, We Need Someone to Walk Beside Us
Darleen Hinrichs, Reporter

Emotional and/or spiritual struggles come to each of us at some point in our lives. What difference can a Stephen Minister make? Listen to the testimony of a man who agreed to have a Stephen Minister during his dark times.

"Soon after meeting my Stephen Minister, I quickly sensed I could trust him. He made me feel comfortable by not prying for information or giving advice, but instead just letting me share what was on my mind. The assurance that everything I said was confidential helped me feel safe opening up. Probably the best thing was that he did not judge me for my feelings or my past decisions. He was just there for me.

"My friends were supportive, but after sharing with them, it felt like I was burdening them if I needed to talk about it again. They didn't know what to say. I ended up trying to make them feel comfortable instead of the other way around. Also, knowing my Stephen Minister would be there for me 'next week' (we met for an hour each week) gave me confidence. I see now how much I needed regular encouragement as I rode the roller coaster of emotions during this period of instability in my life.

"I thank the Lord for my Stephen Minister who did not try to solve my problems but lovingly, as a Christian brother, walked with me through this valley in my life.

"If you are dealing with some type of crisis or difficulty in life, I encourage you to consider a Stephen Minister. You won't regret it!"

When we bear one another's burdens and allow others to bear ours, we are handling life's challenges as God intended. Reach out today.

Stephen Ministries is a Christian ministry of trained lay people who provide confidential, one-to-one emotional and spiritual support during difficult seasons of life. The goal of ACV's Stephen Ministries is that no one at ACV will hurt alone. This is one way ACV seeks to express Christ's love to those we serve.

Please keep Stephen Ministries in your prayers. For more information, speak with a Stephen Leader (Robin Copeland or Darleen Hinrichs) or call 658-5358.

NEIGHBORHOOD NEWS

BUTTERFIELD ACRES
Carroll Polk–386-208-4538

It is nice that temperatures have dropped somewhat, and we have not had to experience a tropical storm system so far this year. Since we did not have a write-up the past few weeks, we missed a few birthdays, so belated happy birthdays to Cindy Hett on Oct. 18, and to Hank Schaefer on Oct. 21. Happy birthday to Jennifer Coombs on Oct. 31, to Cindy Hitchcock on Nov. 5, to Erick Coombs on Nov. 7, and to Steve Dykehouse on Nov. 8. Make sure you have on your calendar our upcoming potluck supper at the Harmony Center on Thursday, Nov. 19, at 5:30 p.m. In addition to food and fellowship, we will collect dues for 2027.

CARTER HOUSE
Mary Gamble–334-790-9066

Greetings, everyone! I hope you have all had a blessed week!

We do not have any birthdays to celebrate this week.

We do, however, have a new neighbor in Carter House. Please join me in welcoming Patricia (Pat) Rosekrans. We hope your time at ACV is filled with many blessings. Welcome to the Carter House family!

Be sure to read the FNN each week to stay informed about events and activities at ACV. We hope to see you at some of our upcoming events! Did you attend any events this past week?

If you have anything you would like to share about Carter House, Wilson Gardens, or ACV, please call me by 3:00 p.m. on Sunday, or leave your information at the Carter House front desk, and I will pick it up.

Diane Milnes recently enjoyed a visit from her sister and brother-in-law, who came to celebrate her birthday with her. What a wonderful blessing it was to spend that special time with family!

Please continue to watch out for one another and keep each other in your prayers. We never know what someone else may be going through. Also, please remember those communities, both near and far, that are experiencing violence and unrest. They, too, need our prayers.

"Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective" (James 5:16).

Thanks, everyone, and have a blessed week!

DOWLING HOUSE
Cora Huckaba–850-464-7113

Good morning, neighbors. I'm getting ready for Halloween, drinking coffee, and playing games. Scoots is curled up in a blanket beside my chair. We also enjoyed lunch at a Chinese restaurant today. The food was delicious, and there was certainly plenty of it!

I pray that all of you are happy and well today. If you are facing health challenges or difficulties of any kind, know that you are in my prayers. I ask God to bring healing, comfort and strength to those who need it.

Autumn Fest is coming up this weekend on Oct. 31. Be sure to stop by the Dowling House craft table and see all the wonderful items on display. Take time to visit the other vendor tables as well. With Christmas just around the corner, you'll find plenty of unique gifts and decorations to purchase.

Medicine for the heart: I love riding the bus, but it really upsets me when the police make me give it back!

Did you know bullfrogs are good at baseball? That's because they're great at catching fly balls!

Until next week, love one another, lend a helping hand, and don't forget to smile. Everyone will wonder what you've been up to!

DOWLING MANOR AND DOWLING PARK NORTH
Gail Chapman—904-400-1333

The Dowling Manor/Dowling Park North Fall Potluck will be held Monday, Nov. 9, at 5:00 p.m. at Audrey's house. We will be having fried chicken. Bring a covered dish. Tea and paper goods will be provided. After-dinner entertainment will be a guessing game involving animals. Please RSVP to me at (904) 400-1333 by Nov. 4 by phone or text.

EDGEWOOD TERRACE
Cathy Oberg—574-229-8402

Happy belated birthday to Joel Evans on the 24th! We're sorry we missed it and hope it was a wonderful day.

Happy birthday to Martha Beckham on the 31st! May the little ghosts and goblins be your friends throughout the coming year, and may it be filled with happiness and blessings.

Did everyone enjoy last week's article? I hope you found it both informative and entertaining.

The deadline for our articles seems to arrive faster every week, and my schedule appears to get busier all the time. As a result, I'm finding it more challenging to write and submit my column on time. If anyone would like to write an article occasionally or share a story with the neighborhood, please give me a call. I'd love to hear from you.

I hope you have marked your calendars for Saturday, Dec. 5. At 12:00 noon in the Youth Lodge behind the Village Grocer, we will hold our annual Christmas potluck. Please bring a favorite holiday dish to share, along with a story about your favorite Christmas gift.

We will also have our annual grab-bag gift exchange. Participation is completely voluntary. Gifts should have a value of $10 or less, with women purchasing for women and men purchasing for men. It's always a fun time, and everyone is welcome to participate.

The Christmas potluck is also when we collect Edgewood Terrace annual dues, which are $5.00 per person per year. Over the years, these funds have

supported causes such as camp scholarships and hurricane relief efforts. Payment of annual dues is also voluntary. If you have questions about the dues, please contact Gary Kueppers.

The weather forecast looks perfect for Autumn Fest in the Village Square. I hope to see each of you there.

Until then, keep smiling, be the best neighbor you can be, and enjoy the good life here in Edgewood Terrace.

GOOD SAMARITAN CENTER AND DACIER MANOR
Bruce Arnold–386-658-5550

The next memorial service at GSC will be held on Wednesday, Nov. 4, at 10:00 a.m. in the Magnolia Dining Room. This is one week earlier than usual. We will give thanks for the lives of Kathryn Murray, Nelda Hodek, Carl "Buddy" McCall, Glenda Musgrove and Donna Herring.

RIVERWOODS
Patty Gianeskis—386-658-2024

Hello from a porch with a cozy meadow view.

We extend a warm Riverwoods welcome to our new neighbor, Blanche Powell. We're glad you're here and hope you're enjoying your new home.

Please remember that the next Riverwoods Board Meeting will be held on Thursday, Nov. 5, at 1:00 p.m. in Copeland Community Center. Agenda items include the annual meeting reminder, discussion and adoption of the 2027 budget, a reminder regarding the Consolidated Declaration special meeting, and plans for the Christmas goody plates.

It's no secret that I enjoy cooking, and when the temperatures begin to fall, it's officially soup season. Last week, I made my first batch of chili of the season.

Chili con carne (chili with meat) likely originated in Texas. In the late 1800s, Hispanic women known as the Chili Queens sold bowls of red chili from open-air food stands in San Antonio's Military Plaza. When a San Antonio chili stand was featured at the 1893 Chicago World's Fair, the rest of the country began to take notice. The popularity of chili continued to grow, and by the 1950s and '60s, chili cook-off competitions had become a beloved tradition.

The ingredients in chili can be a source of both pride and debate. Generally speaking, chili consists of meat simmered in a sauce made from dried chili peppers, often with tomatoes and cumin. In Texas, however, there is only one true chili: Texas Red. Traditional Texas Red contains no beans and was named the official state dish of Texas in 1977. The first World's Championship Chili Cook-Off was held in Terlingua, Texas, in 1967 under the sponsorship of the International Chili Society.

Over the years, many variations have emerged, including Cincinnati chili, white chili, chili verde, and vegetarian chili. In competition, homestyle chili often allows ingredients such as beans and pasta, which is the style I made last week.

A cook's tip: If your chili turns out a little too spicy, try stirring in a spoonful of peanut butter. It helps mellow the heat without changing the flavor significantly.

"The generous man will be prosperous, and he who waters will himself be watered" (Proverbs 11:25).

FOR YOUR INFORMATION

VOTING
Submitted by Christine O'Brien

I hope everyone who is registered to vote will vote in this very important election.

ALLERGY WARNING
Submitted by Marilyn Yale

With this nice weather you might want to weed outside. If you pull any called Virginia creeper (five-leaved ivy that turns maroon this time of year) you could be allergic to it. If you break out in a rash, wash with soap and water, rinse off, and put on chamomile lotion. Stay safe.

BOB COPELAND'S NEWEST BOOK

Bob Copeland has just released his 26th book, now available on Amazon in paperback and Kindle editions. The title is *Choosing a Philosophy to Live By* with the subtitle *Selecting Divine Guidance Over Worldly Pursuits.* Bob shares his perspective on the book this way: "Why accept the temporary assurances that society offers when you have the opportunity to embrace eternal spiritual truths? It's essential that we hold firmly to God's principles while decisively turning away from the world's values."

NUTS! NUTS! NUTS!
Verna Piper, Reporter

I apologize for not following up sooner regarding nut sales and deliveries. I've been under the weather for a while.

If you ordered nuts, they are now available for pickup. You may pick them up at one of the following locations on Friday, Oct. 30:

- Carter House at 10:00 a.m.
- Dowling House at 11:00 a.m.
- Copeland Community Center at 12:15 p.m.

Nuts will also be available at our Autumn Fest booth on Saturday.

If you are unable to pick up your order at one of these locations, please call me at (658) 208-1967 to make other arrangements. You are also welcome to shop at my home by appointment. My address is 11052 Dowling Park Drive.

Thank you for your patience, and we appreciate your support!

FUNDRAISER TO SUPPORT OUR VETERANS AT GSC AND DACIER FOR CHRISTMAS
Tickets are $10 for a chance to win a gift basket ($250+ value). Donate by noon on Oct. 31.
Submitted by Eleanor Foerste

The Veterans of Dowling Park meet monthly on the first Friday at noon for fellowship, education and encouragement. We are a group of veterans and family members working to support veterans who live in and around ACV and Dowling Park. Member Services has identified over 100 veterans who live and work here.

Our newest project is to package gifts and hygiene items for Christmas for 16 veterans currently living in GSC and Dacier Manor. Local businesses have provided holiday items and gift cards for a gift basket drawing with proceeds to support the Veterans Nursing Home Christmas Fund. The woven basket contents (estimated value of over $250) include a blanket, a holiday candle and decorations, $50 Winn Dixie card, $50 Save-A-Lot card, $50 Burger King card, and other items.

You still have time to get a ticket. Make a $10 donation per ticket, which must be purchased by noon on Saturday, Oct. 31. You do not need to be present to win! The winning ticket will be drawn at Autumn Fest at 12:30 p.m. Tickets will be available at the Veterans table at Autumn Fest Saturday or in advance by contacting Fundraiser Chairperson Linda Forrest at (850) 371-6068.

READ THROUGH THE BIBLE

You are invited to join a group that is reading through the Bible book by book (not skipping any verses) and is currently in Exodus. Open discussion is encouraged with the reading stopped until all are ready to move on. For further information and gathering times, call (757) 404-0666.

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

Chad Daugherty, Financial Advisor with Edward Jones, will be at the Village Square professional offices on Tuesday, Nov. 10, 9:00 a.m.–3:00 p.m. He can assist with IRAs, CDs, 529s, faith-based investing strategies, money market savings, life insurance, annuities, and much more. Call (229) 232-8119 or email chad.daugherty@edwardjones.com for more information or to schedule an appointment.

HAIR CROPPERS
Self-Care Special: 30 Minutes for $30

It is time to relax, release tension, and give yourself a little TLC! Choose your relaxation session: 30-minute leg and foot massage for $30 or 30-minute hand and arm massage for $30. Appointments available. Spots are limited, so don't wait to book. Your body deserves a little pampering!

To accommodate busy work schedules, I am offering a special Mini Signature Hand Ritual: 15 minutes for $20.

My goal is to give ACV employees the opportunity to experience one of our spa services without having to be away from work for an extended period or use most of their lunch break. At the same time, I'll be able to create quality content featuring the service. Upcoming spa days are Tuesday, Nov. 3; Friday, Nov. 6; Monday, Dec. 21 and Saturday, Dec. 5 by appointment only.

We offer hair, waxing, manicures, pedicures, body treatments, facials and back facials.

Come relax, reset, and give your hands the care they deserve.

To book your experience, call or text Danielle at (386) 205-3791.

For Saturday appointment confirmations, please call Brenda at (386) 249-1323.

We look forward to helping you look and feel your best. Reserve your appointment today!

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.

For appointments, please call or text Amy at (386) 647-6240. We kindly ask that you provide 12–24 hours' notice for appointment cancellations. For chemical services, including perms, coloring, and highlights, please provide at least 48 hours' notice of cancellation. Additional charges may apply for late cancellations.

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

WATTS UP WEDNESDAYS

A Suwannee Valley Electric Cooperative representative is in the Village Square professional offices the fourth Wednesday of every month from 9:00 a.m. to 12:00 noon. Residents can pay their bill or ask questions about their service. No appointment is necessary. Call (386) 330-5672 for more details.

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: Nov. 6 and 20, and Dec. 4 and 18. To make an appointment, please call Leigh Ann Cannon at (386) 755-1334, Ext. 114.

ALCOHOLICS ANONYMOUS

Drug or alcohol problems? If you or a loved one is having a problem, help is available. Call (305) 407-0895 for more information.

THANK YOU

Thank you everyone for your cards and notes for my birthday on Oct. 17. It is my pleasure to serve ACV and to serve the owners in Riverwoods. I wish everyone a very happy fall and wonderful holidays.

Donna Plant

Thank you to all who sent cards and gifts for Pastor Appreciation! I am humbled by your thoughtfulness and kindness. It is a privilege to serve on staff at the Village Church.

Bruce Arnold

Thank you for supporting the blood drive held at ACV on Tuesday, Oct. 20. Thirteen of the registered donors came out to donate whole blood. Plus, there was one double-red blood cell donation. When you consider that one donation can save up to three lives, it is easy to see how donating blood can make a significant difference in someone's life.

Bill Allison, LifeSouth

MISCELLANEOUS

WANTED: My cat and I need a ride to the vet in Mayo. Call Dottie Stone at 352-316-5161. Thank you.**

THE VILLAGE BOOKWORM

Ben Sasse, a graduate of Yale University, former president of the University of Florida, former United States senator, and author of five books, wrote *Them: Why We Hate Each Other — and How to Heal,* which is available in our Village library.

Today, Sasse is facing stage 4 metastatic pancreatic cancer. In recent appearances on national news programs, including *60 Minutes,* he has spoken openly about his cancer journey, his commitment to community, and his faith in Jesus Christ.

In *Them,* written before his diagnosis, Sasse examines the growing division and hostility within American society. He argues that our nation's deepest problems are not primarily political, but social and cultural. As people become disconnected from strong local communities, meaningful relationships, and a shared sense of purpose, they often seek identity in tribes, whether those tribes are political parties, ideological groups, social causes, or other affiliations.

According to Sasse, many people have replaced genuine human connections with social media communities and political identities that too often fuel anger and division rather than understanding and cooperation. Drawing on history, sociology, psychology, and personal experience, he explores how these trends contribute to growing isolation and the decline of community.

After making a compelling case for the causes of division, Sasse offers practical solutions. Rather than placing blame on one political party or another, he encourages readers to invest in their local communities, build authentic friendships, volunteer, and participate in civic life. Healing begins not with grand gestures, but with the everyday actions that foster trust, empathy, and meaningful relationships.

Here at the Village, we have countless opportunities to set aside isolation and become part of a caring community, even when we don't agree on every issue. And who knows? We may discover something we all need: a strong, supportive, and loving community that helps us step outside our own interests and connect with others.

Research has shown that laughing is just as healthy as a 20-minute jog. So, now, instead of running, I sit in the park laugh at all of the joggers.

November 2026

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

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

23329 Live Oak Ln. - $265,000; 1,238 sf; nice 2 bedroom, 2 bath, .19 acre; beautiful backyard w/ screened back porch,all appliances & W/D, 1 car garage. MLS #126218

10498 Wildwood Dr. - $259,000; 1,111 sf. Nice 2 bedroom, 2 bath home on .26 acres. 2 car garage, screenedin breezeway, with newer roof/carpet/paint and D/W. MLS #129695

23353 Live Oak Ln. - $239,000 - 1,050 sf. 2 bedroom, 2 bath home with 2 car garage has newer appliances, washer/dryer and roof and more. MLS #130960

10265 River Wood Dr. - $459,000 - 2,064 sf. Updated 3 bedroom, 2 bath with 2 car garage/man cave on the river. Newer roof, HVAC, windows, floors, crown molding, doors, etc. 146' of river frontage w/ walkways and dock. MLS #131845

10430 Wildwood Dr. - $300,000 - 2,247 sf. This well maintained, custom built, oneowner home has 3+ bedrooms, 2 baths and 2 car garage with lots of storage, including a room above the garage. MLS #131121

10487 Hickory Ln. - $249,000 - 1,114 sf. 2 bedroom, 1.5 bath with 1 car garage. This homes offers lots of upgrades including flooring, paint, countertops, walk-in shower, and more! MLS #132038

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

10624 Wildwood Dr. - $279,000; 1,728. sf.; New kitchen/dining area floor. This beautiful 3 bedroom, 2 bath home, with bonus room on .34 ac. has a screened and heated back porch & new roof 2025. 2+ car garage with a golf cart bay. MLS #129777

10438 Wildwood Dr. - $279,000; 1,829 sf. 3 Bedroom, 2 full baths on .27 acre lot. Florida Room, indoor laundry and 2-car garage. Move-in ready. MLS #130454

10407 River Wood Dr. - $190,000 - 1,720 sf. Nice 3 bedroom, 2 bath home with fireplace, on .3 acres overlooking the Suwannee River. MLS #129276

23328 Live Oak Ln. - $265,000 - 1,479 sf. Comfortable 3 bedroom, 2 bath home with a 2-car oversized garage, living room with built-in shelving and a nice floor plan. Home backs up to a common area. MLS #131323

23316 River Birch Ln. - $309,000 - 1994 sf. - This 3 bedroom, 2 bath, 2 car garage home has lots of upgrades, including a newer roof, A/C, furnace, Hybrid hot water tank, water softener, updated bathrooms and more! MLS #131672

10468 Wildwood Dr. - $239,000 - 1,240 sf. - This clean and bright home offers 2 bedrooms, 2 full baths on .23 acres. Newer upgrades include carpet and a step-in shower. 1-car garage and a sunroom w/ deck. A must-see! MLS #132687

Birthdays

1. Trudy Alexander*, Ann Taylor; **2.** Betty Chester*; **3.** Cathy Nicely; **4.** Delia Chellis*, Stan Storey; **6.** Helen Brooks, Virginia Darby, Debbie Hoffman; **7.** Jim Kauffman, Meb Kennedy; **8.** Anne Bessette, Tom Easter, Jeanne Florence*; **9.** Peter Ard, Jeannine Stephens; **10.** Billy Crouch, Jo Ann Deese*, Judy Jackson, Pat Jackson-Humphries, Jenelle Moore; **11.** Katie Khan, Patty Saunders, Genie Wadsworth; **12.** Bill Patterson, Dick Russell; **14.** Winifred Hedrick, Ed Morgan, Nancy Stearns-Hauk; **15.** Betty Mae Gaitor, Victoria Minor; 16. Howard Geer, Walter Panduro; 17. Ellie Foerste, Lynda Knaak-MacArthur, Billie Revels; **18.** Shirley Horne*, Nadine Lombard, Steve Straub; **19.** Shirley Fielding*; **20.** Gale Buchanan, Diane Liquori; **21.** Remonia Alderman, Fran Evans, Lynn Paulsen; **22.** Ken Steinseifer; **23.** Ann Carpenter, Stan Hall; **24.** Christine O'Brien; **25.** David Anewalt; **26.** Roddy Denmark; **27.** John Nicely, Kelly Place, Myra Webb; **29.** Terry Klitzkie, Becky Mahler; **30.** Jim Whiteside.

Anniversaries

3. J.M. & Linda Morgan; **15.** Ronnie & Martha Beckham; **18.** Candy & Frank Hall; **21.** Art & Fredna Carter; **22.** Charles & Jenelle Moore; **26.** David & Pat Bryant; **28.** Paul & Victoria Minor.

*Denotes GSC resident. Send cards to P.O. Box 4325.

FNN purpose: The *Friendly Neighbor News* (FNN) is published and distributed weekly by the Member Services office with the aid of volunteers. As an official publication of the membership of Advent Christian Village at Dowling Park, Florida (ACV, www.acvillage.net), its purpose is to inform the ACV community (members, staff and friends) of events, news, and services. The FNN, funded by membership fees, is delivered (without charge) to on-campus residences and facilities and to residences in the satellite communities of Dowling Manor, Dowling Park North, and Butterfield Acres. Additional copies are distributed to several Village Square locations and to the Information Center for visitors. **FNN ad policy:** ACV members and employees (only) may advertise in the FNN. For ad information, call Member Services at (386) 658-5400. All member and staff ads will be strictly limited to a maximum of eight lines and will be run for two weeks. The ad submission must include the person listing the ad (but does not need to be published). Deadline for submissions is Tuesday by noon of the week for publication unless otherwise publicized and may be sent by email to fnn@acvillage.net, dropped off in the FNN box near the Information Center, or delivered to Member Services. **Volunteer editorial staff:** Paul Cook, Verna Piper, and Liz Reynolds. **Electronic distribution:** If you would like to receive the FNN electronically through email, contact Member Services at (386) 658-5400 or fnn@acvillage.net.

Prices effective 10/30–11/05

THE VILLAGE GROCER

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

GROCERY

Hershey's Dark Chocolate Chips	12 oz.	$ 5.60
Snack Pack Splash Juicy Gels	13 oz.	$ 3.40
Heinz Apple Cider Vinegar	32 oz.	$ 3.40
IGA Sliced Mushrooms	7 oz.	$ 2.00
Lipton Noodle Soup	4.5 oz.	$ 2.50
Jif Natural Peanut Butter	16 oz.	$ 3.50
Nabisco Saltine Crackers	16 oz.	$ 5.00
V8 Splash	64 oz.	$ 4.30

DAIRY

Move Over Margarine	10 oz.	$ 2.40
Tropicana Orange Juice	46 oz.	$ 6.00

PRODUCE

Fresh Corn	2 for	$ 1.00
Bagged Potatoes	5 lb.	$ 4.25

FROZEN

Pictsweet Farms Parmesan Cauliflower	11 oz.	$ 5.20
Farm Rich Appetizer Snacks	10 oz.	$ 5.50

MEAT

Bone-In Split Chicken Breast	per lb.	$ 2.70
Boneless Cubed Steak	per lb.	$ 6.50
Boneless London Broil Roast	per lb.	$ 9.00
Lean Pork Spare Ribs	per lb.	$ 3.50
Gwaltney Thick Sliced Bologna	16 oz.	$ 2.50
Seabest Catfish Fillets	16 oz.	$ 9.00

CHEESE OF THE WEEK

Pepper Jack Cheese — $5.80 per lb.

DON'T FORGET TO ORDER YOUR ROTISSERIE CHICKEN

Full chicken - $7.00; Half chicken - $4.00

CALL 658-3130 - Order by 11:00 a.m.; pick up after 2:00 p.m.

This Week's Verse

Let your roots grow down into him and draw up nourishment from him.
See that you go on growing in the Lord. Colossians 2:7

*Delivery available to on-campus ACV members only

Ann & Quinton Rumph Dining Room

Midday Dining Menu

Monday–Friday 11:00 a.m.–1:00 p.m.
Saturday–Sunday 11:00 a.m.–1:30 p.m.

ACV Advent Christian Village at Dowling Park
Dining Services

Oct. 30–Nov. 6, 2026

FRIDAY, 10/30

$6.95 Entrées: Fried Catfish, Blackened Catfish, Grilled Pork Chops
$1.40 Sides: Hush Puppies, Cheese Grits, Mixed Greens, Green Beans, Mashed Potatoes and Gravy, Cole Slaw
$3.00 Desserts: Assorted Regular and NSA Desserts

SATURDAY, 10/31

$8.50 Whistle Stop Special: Open-Faced Roast Beef Sandwich Layered On Sourdough Toast, Mashed Potatoes, Roasted Carrots, Assorted Desserts, Fountain Drink

SUNDAY, 11/1

Sunday Brunch Buffet
Members $14.00 | Non-Members $20.00 | Beverage Included

Entrées: Fried Chicken and Waffles Bar, Country Fried Steak and Country Gravy, Pork Sausage Links, Vegetable Quiche
Sides: Eggs in a Basket, Tater Tots, Plantains, Overnight Oats, Fruit Salad, Assorted Specialty Breads, Danishes
Desserts: Assorted Regular and NSA Desserts

MONDAY, 11/2

$6.95 Entrées: Pork Carnitas, Chicken Fajitas
$1.40 Sides: Spanish Rice, Pinto Beans, Mexican Corn, Lime Cabbage Slaw, Black Bean Salad
$3.00 Desserts: Assorted Regular and NSA Desserts

TUESDAY, 11/3

$8.50 Special: Salad Bar
$6.95 Entrées: Teriyaki Chicken, Broccoli Beef
$1.40 Sides: Cilantro Lime Rice, Roasted Sweet Potatoes, Asian Slaw, Stir Fry Vegetables, Root Vegetables
$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

Oct. 30–Nov. 6, 2026

WEDNESDAY, 11/4

$6.95 Entrées: Fried Chicken, Bratwurst with Peppers and Onions
$1.40 Sides: Macaroni and Cheese, Broccoli Salad, Okra and Tomatoes, Normandy Vegetables
$3.00 Desserts: Assorted Regular and NSA Desserts

THURSDAY, 11/5

$6.95 Entrées: Soup and Sandwich Bar:
Soups: Creamed Potato, Tomato Basil
Sandwiches: Grilled Cheese, Fried Bologna
$1.40 Sides: Side Salad
$3.00 Desserts: Assorted Regular and NSA Desserts

FRIDAY, 11/6

$6.95 Entrées: Fried Catfish, Baked Catfish and Hush Puppies, Herb Butter Chicken
$1.40 Sides: Cheese Grits, Mixed Greens, Cabbage, Pickled Beet Salad, Baked Beans, Coleslaw
$3.00 Desserts: Assorted Regular and NSA Desserts

EAT LOCAL. EAT OFTEN.

RUMPH DINING RM. $9.75 WEEKDAY VALUE PLATE

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

LUNCH & DINNER SPECIALS

Friday & Saturday Soup: Broccoli Cheddar

Friday, Oct. 30
Chicken Fried Steak with Country Gravy, Tri-Color Potatoes, and a Vegetable, $16.95
Hawaiian Flatbread Pizza (Ham, Pineapple, Sauce and Mozarella), $12.95

Saturday, Oct. 31
8:00–10:30 a.m.: Pumpkin Pancakes, $8.50
11:00 a.m.–2:00 p.m.: Grilled Sausage and Peppers Hoagie, $9.95
11:00 a.m.-8:00 p.m.: 8-Piece Grilled Curry Shrimp with Rice and a Vegetable, $16.95

Ann & Quinton Rumph Dining Room
658-5259
Mon–Fri: 11 am–1 pm
Sat. & Sun: 11 am–1:30 pm

The Lopin' Gopher Deli
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

River Landing Bistro
658-5777
Wed–Thurs: 11 am–2 pm
Fri–Sat: 8–10:30 am | 11 am–8 pm

November

Copeland Community Center – (386) 658-5555

Monday, Tuesday, Thursday, Friday, 6:00 a.m.–7:00 p.m.

Wednesday 6:00 a.m.–5:00 p.m. & Saturday 9:00 a.m.–12:00 noon

Indoor Pool Schedule

<table>
<tr><th></th><th>Monday</th><th>Tuesday</th><th>Wednesday</th><th>Thursday</th><th>Friday</th><th>Saturday</th></tr>
<tr><td>6:00–9:00</td><td>Lap Swimming</td><td>Lap Swimming</td><td>Lap Swimming</td><td>Lap Swimming</td><td>Lap Swimming</td><td rowspan="8">Facilities Open
9:00–12:00</td></tr>
<tr><td>9:00-10:30</td><td>Open Swim</td><td rowspan="3">Open Swim</td><td>Open Swim</td><td rowspan="3">Open Swim</td><td>Open Swim</td></tr>
<tr><td>10:30-11:30</td><td>Aqua Tone (Katie)</td><td>Aqua Tone (Katie)</td><td>Aqua Tone (Katie)</td></tr>
<tr><td>11:30–2:30</td><td rowspan="4">Open Swim</td><td rowspan="3">Open Swim</td><td rowspan="4">Open Swim</td></tr>
<tr><td>2:30–3:00</td><td></td><td></td></tr>
<tr><td>3:00–5:00</td><td>Water Volleyball</td><td>Water Volleyball</td></tr>
<tr><td>5:00-7:00</td><td>Open Swim</td><td>Closed</td><td>Open Swim</td></tr>
</table>

Multipurpose Room Schedule

<table>
<tr><th></th><th>Monday</th><th>Tuesday</th><th>Wednesday</th><th>Thursday</th><th>Friday</th><th>Saturday</th></tr>
<tr><td>6:00–8:30</td><td>Open</td><td>Open</td><td>Open</td><td>Open</td><td rowspan="6">Open</td><td rowspan="6">Facilities Open
9:00–12:00</td></tr>
<tr><td>8:30–9:15</td><td>Line Dancing (Kristie)</td><td rowspan="2">Stretching with Jane Adams (DVD)</td><td>Move & Groove (Kristie)</td><td rowspan="2">Stretching with Jane Adams (DVD)</td></tr>
<tr><td>9:30-10:15</td><td>Cardio Drumming (Kristie)</td><td>Cardio Drumming (Kristie)</td></tr>
<tr><td>10:15-5:00</td><td rowspan="2">Open</td><td rowspan="2">Open</td><td>Open</td><td rowspan="2">Open</td></tr>
<tr><td>5:00-7:00</td><td>Closed</td></tr>
</table>

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

Copeland Community Center

WATER ACTIVITIES

AQUA TONE: This is a gentle, low-impact water exercise class designed for individuals with arthritis, joint pain, chronic health conditions, or those returning to exercise after surgery or injury. Using the natural support and resistance of the water, participants improve mobility, flexibility, strength, balance, and confidence while reducing stress on the joints.

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 your heart! Lap swimmers have priority during designated times; check the front side for lap swim times. 88 lengths = 1 mile.

WATER VOLLEYBALL: This group plays every Tuesday and Thursday at 3:00 p.m. You do not need to join a team; just come! If you are 18 or older, come join us! We need all the help we can get! Copeland membership is required.

GROUP FITNESS CLASSES

CARDIO DRUMMING: An energetic, low-impact group fitness class that combines aerobic movements with the rhythmic beat of drumming. The class can be performed seated or standing using stability balls and drumsticks. Participants follow along to upbeat music, engaging both body and mind while making exercise feel like a fun, stress-relieving jam session.

MOVE & GROOVE: A fun, feel-good class featuring easy-to-follow, dance-inspired movements, light weights, and resistance exercises. Move to great music while improving strength, mobility, coordination, and overall fitness—all at your own pace! Exercises can be performed seated or standing!

LINE DANCING: Get moving, have fun, and enjoy great music! This class combines easy-to-follow line dance steps with gentle movement and plenty of opportunities to build coordination, balance, and confidence. No partner is needed, and dances can be modified to suit different fitness levels. Come enjoy the music, learn some new steps, and have fun with friends!

WEIGHT ROOM

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

PICKLEBALL

Monday, Wednesday & Friday
8:30–11:00 a.m.

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! Spare equipment is available for use for those who want to try the game without making a monetary commitment. During summer, games are played on the court located near Keepers Cottage, Polk Ceramics Shop and Watkins Hobby Shop. During the other seasons, games are played in the Camp Suwannee Pavilion.

Contact: Cindy Hett (658-2683) or CCC (658-5555)

WALKING

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

TABLE TENNIS (PING PONG)

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

EXERCISE by VIDEO

EXERCISE WITH SHIRLEY on TV2: Exercises are done seated or standing by a chair for support. If you are just beginning an exercise program, or if you are recovering, this is a great class to try! Airs Monday–Friday at 2:00 p.m.

SIT AND BE FIT **on TV2:** An exercise program designed by registered nurse Mary Ann Wilson for older adults and physically limited individuals, focusing on strengthening, stretching, and improving functional fitness from a seated position. Airs Monday–Saturday at 8:00 a.m. and 7:30 p.m.

STRETCHING WITH JANE ADAMS : Stretch and strengthen your body, release tension, and ease your mind! This is a gentle class that focuses on posture, breathing and relaxation. Meets Tuesday and Thursday, 8:30–9:30 a.m., in the Multipurpose Room at CCC.

OUTDOOR GAMES at CCC

BOCCE is an Italian lawn-bowl-like game where players, often in teams, throw large bocce balls to get closer to a smaller target ball.

SHUFFLEBOARD is a game played by pushing a 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!

TENNIS strengthens the body, sharpens the mind, and relieves stress. It improves endurance, coordination, and focus while offering a fun, social way to stay active at any age. Call the Copeland Community Center at 658-5555 to schedule a game.