



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

NOVEMBER 1, 2024

Friday	11/1	<i>10:00 a.m.</i> <i>2:00 p.m.</i> 7:00 p.m.	<i>Bible Study—VC Room 5</i> <i>Sit 'N Stitch—CH</i> Live! at Dowling Park: Tribute Quartet—VC
Saturday	11/2	9:00–11:00 a.m. 1:00 p.m. 5:00 p.m. 6:30 p.m.	Ceramics—PCS Gospel Sing—CH Activity Room Chili/Soup Cook-Off—RDR ACV's Got Talent Competition—RDR
Sunday	11/3	Daylight Saving Time Ends — Turn Clocks Back <i>9:40 a.m.</i> <i>11:00 a.m.</i> 4:00 p.m. <i>6:00 p.m.</i>	<i>Morning Worship Service—VC</i> <i>Sunday School for All Ages</i> WHFMS Council Meeting—VC Room 5 <i>Evening Service—BC</i>
Monday	11/4	1:00–3:00 p.m. 1:30 p.m. <i>1:30 p.m.</i> 2:00–4:00 p.m.	Connecting Threads Ministry—KC Coping with Low Vision Support Group—OPR <i>VCBI: Discipleship Lessons from John's Letters—VC Room 5</i> Ceramics—PCS
Tuesday	11/5	<i>8:30 a.m.</i> <i>10:00 a.m.</i> 11:30 a.m. 11:30 a.m. 7:00 p.m.	<i>Men's Bible Study—VC Room 5</i> Model Train Club—KC Episcopal Eucharist Service—BC Lunch & Learn: HCA General Surgery—SMR/DR Annual Membership Association Meeting—RDR
Wednesday	11/6	8:15 & 8:30 a.m. 9:00–11:00 a.m. <i>1:00 p.m.</i> 1:00 p.m. 2:00–4:00 p.m. <i>6:00 p.m.</i> 6:30 p.m. 7:15 p.m.	Bus Trip: Walmart—CH & DH Ceramics—PCS <i>VCBI: Jesus in Every Book of the Bible—VC Room 5</i> Bridge Club—OPR Ceramics—PCS <i>Prayer Meeting—BC</i> Chancel Choir Rehearsal—VC Christmas Cantata Rehearsal—VC
Thursday	11/7	9:00 a.m.–3:00 p.m. 9:30 a.m.–12:30 p.m. 10:00 a.m. 1:00 p.m.	Suwannee County Tax Collector—VS Village Artists Guild—KC Plarn Ministry—Cleo's Meeting House Bingo Palooza—OPR
Friday	11/8	<i>10:00 a.m.</i> <i>2:00 p.m.</i> 4:15 & 4:30 p.m.	<i>Bible Study—VC Room 5</i> <i>Sit 'N Stitch—CH</i> Bus Trip: Dine-out to Robbie's Café—DH & LAP



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



JOHNSON'S BAKERY DONUT SALE
Friday, Nov. 8, starting at 10:00 a.m.
Pick up from the lobby of GSC.
\$2.00 each or \$20 for a dozen.
Glazed only.

IN LOVING MEMORY

Mildred Dollar, who was a resident of GSC, died Oct. 25. Her memorial information will be provided when available.

MOVE OUTS

Yvonne Lopez has moved from DH. Her new mailing address is 2325 Pine Needle Dr. N, Valdosta, GA 31601.
 Robert Lux has moved from LH. His new mailing address is 605 Imperial Palm Drive, Largo, FL 33771.
 Willie Woodson has moved from DH. His new mailing address is 1204 Walker Ave. SW, Live Oak, FL 32064.

ACV EVENTS

LIVE! AT DOWLING PARK: TRIBUTE QUARTET SOUTHERN GOSPEL

Friday, Nov. 1, 7:00 p.m. - VC

Since 2006, multi-award winning and multi-Dove Award nominated recording artist Tribute Quartet has become one of the country's most dynamic, beloved and sought-after male quartets in all of gospel music. Gary Castro, Josh Singletary, Gus Gaches and Ian Owens have proven to possess a combination of musical talent, warm and engaging personalities, and a focus that has kept them on the path to continued success since their inception.

Individual tickets can be purchased from the ACV cashier's office and at the event for \$18 (ACV member) and \$26 (non-member), or season passes can be purchased at the cashier's office for \$140 (ACV member) and \$210 (non-member). Those with season passes may also attend the Community Concerts of Lake City free of charge. Call 658-5400 for more information.



COPING WITH LOW VISION SUPPORT AND RESOURCES GROUP

Monday, Nov. 4, 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.



LUNCH & LEARN: HCA GENERAL SURGERY

Tuesday, Nov. 5, 11:30 a.m. - SMR/DR

Come, have lunch, and learn! HCA Florida's Dr. Wang will be the speaker at the next Lunch and Learn on Tuesday, Nov. 5. Dr. Wang will talk about general surgery as well as introduce himself and give hospital updates. There is no need to sign up. Go through the line and buy a lunch, or bring a lunch from home and join us in SMR/DR to hear Dr. Wang. Bring questions.

ANNUAL MEMBERSHIP ASSOCIATION MEETING

Tuesday, Nov. 5, 7:00 p.m. - RDR

All ACV members are encouraged to attend the Annual Membership Association Meeting on Tuesday, Nov. 5, at 7:00 p.m. in RDR. Bring your neighbors. The President of ACV, 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 2025 Membership Association Executive Committee. The 2024 Nominating Committee of the Membership Association is pleased to announce the slate of proposed officers for 2025:

- President: Donald B. Wrigley
- First Vice President: Peter Ard
- Second Vice President: Doug Nichols
- Secretary: Gaye Martin
- Assistant Secretary: Debbie Snead

If you would like to nominate another candidate for one of the above positions, please submit the name to Member Services prior to the Nov. 5 meeting so that we can be prepared with ballots. You must have the consent of the individual before submitting their name.

SUWANNEE COUNTY TAX COLLECTOR

**Thursday, Nov. 7, 9:00 a.m.–3:00 p.m. - VS
Closed 12:00–1:00 for lunch**

Staff from the Suwannee County Tax Collector's office including Suwannee County Tax Collector Sharon Jordan are normally in the VS professional offices on



CHILI/SOUP COOK-OFF

Saturday, Nov. 2, 5:00 p.m.

\$5.00 members & \$10 non-members

Join us Saturday, Nov. 2, for a chili/soup cook-off in RDR. We will have eight chilis and six soups to sample and judge. Tickets may be purchased at the IC or MS with exact change (cash or check) or at the Village Cashier's office. You may also pay at the door (cash or check only). Those who are competing do not need to buy a ticket.



ACV'S GOT TALENT COMPETITION

Saturday, Nov. 2, 6:30 p.m.

ACV will be hosting a talent competition to raise money for the ministries of ACV Saturday, Nov. 2, at 6:30 p.m. in RDR. Thirteen of our talented ACV residents will be participating: comedians, dancers, poets, dramatists, singers, and musicians! It will be a night of fun and laughter ... all for a good cause.

Voting will be by money donation (the act that raises the most money wins!). All proceeds will be donated to ACV's benevolent fund. Bring paper money, and come to enjoy your neighbors' talents.

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

the first Thursday of each month from 9:00 a.m. to 3:00 p.m. (closed from 12:00 to 1:00 for lunch). This service will enable you to purchase automobile tags and pay your property taxes. For more information, please contact the Tax Collector's office at 362-2816, or you may visit their website at suxtax.com.



Thursday, Nov. 7, 1:00 p.m. - OPR

ACV is once again taking part in a nationwide game of bingo — a BingoPalooza! Be at the OPR Thursday afternoon, Nov. 7, at 1:00 to join in. Bingo cards will be provided, but bring a pen, marker or crayon to mark your squares (the cards are paper and will only be used once per game). The bingo caller will be broadcast on the TV screen, and all of the participating locations across the U.S. will be playing together through the magic of technology — and competing for who can get bingo first.

If you like to bake and would like to donate something for participants to nibble on while playing or to give as a prize at the end, please bring it to MS that morning or the day before.

BUS TRIP: DINE-OUT TO ROBBIE'S CAFÉ
Friday, Nov. 8

4:15 p.m. - DH & 4:30 p.m. - Lake Aquilla
Bus: \$3.00 members, \$6.00 non-members

Robbie's Café in Live Oak is home of the "Big Fish" sandwich. They also serve other seafood sandwiches and baskets, salads, and home-cooking-style dinners. Prices range from \$9.25 to \$15.95 (the famous Big Fish sandwich is \$10.95). The bus will leave from DH at 4:15 p.m., and then from Lake Aquilla at 4:30 p.m. on Thursday, Nov. 9. Bus cost is \$3.00 for members and \$6.00 for non-members. Please sign up at the IC.

LADIES' BREAKFAST

Saturday, Nov. 9, 8:30 a.m. - SMR/DR

The next ladies' breakfast will be held on Saturday, Nov. 9, at 8:30 a.m. in SMR/DR. Our guest speaker will be Joan Wittman.

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, Nov. 9, 8:30 a.m. - RDR

The next Men's Fellowship Breakfast will be held on Saturday, Nov. 9, at 8:30 a.m. in RDR. Our guest speaker will be Rev. Bob Copeland.

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!



BUS TRIP:
SUWANNEE VETERANS DAY PARADE

Monday, Nov. 11

7:45 a.m. - DH & 8:00 a.m. - LAP

ACV is planning to participate in this year's Suwannee Veterans Day Parade in Live Oak on Monday, Nov. 11. All ACV veterans (and friends) are encouraged to let MS know if you are interested in taking part. We would like to fill the float with waving veterans, and if there is

space available, non-veterans can ride as well. Anyone who is interested should let MS know.

The ACV bus will leave from DH at 7:45 a.m. and LAP at 8:00 a.m. to arrive and load onto the float at 8:30 a.m. Following the parade, the bus will take everyone to the Live Oak City Cemetery for the annual Veterans Day ceremony and then to the Elks Lodge for lunch.

Please let us know in MS if you would like to ride. We need a minimum number of riders and need to make the decision whether we are participating by Tuesday, Nov. 5.

ACV VETERANS LUNCHEON
HONORING VETERANS

Tuesday, Nov. 12, 11:45 a.m. - RDR

Calling all veterans! We want you to be guests of honor at this special luncheon and program that will include a speaker and special 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.

Veterans, plan to pick up a special nametag before entering the dining room for lunch. That nametag will serve as your free lunch ticket. There is no need to call ahead.

We will have a very special guest for this year's luncheon. ACV board member Robert Ford, who also attends the VC, will give a presentation on his brother's life and service to our country. Don't miss it.



MEMBER BIRTHDAY PARTY

Thursday, Nov. 14, 3:00 p.m. - SMR/DR

Join us for the November member birthday party. Musical entertainment will be provided by CT/MT resident Joe First. Everyone is invited, and ACV members with November birthdays will receive special recognition. Come and bring a friend. See you there!

BUS TRIP: LUNCH DINE-OUT TO
TEXAS ROADHOUSE

Friday, Nov. 15

10:15 a.m. - DH & 10:30 a.m. - LAP

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

Texas Roadhouse is an American steakhouse that specializes in steaks in a Texan and Southwestern cuisine style. Please note that this is a lunch dine-out. Sign up at the IC.

EVENTS HERE AND THERE

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

VETERANS GATHERING

Friday, Nov. 1, 12:00 noon - RDR

All service members are invited to gather for lunch to eat together on Friday, Nov. 1, 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!

JOHN BEGGS PIANO CONCERT

Friday, Nov. 1, 7:00 p.m.

Fellowship Baptist Church

3705 N Monroe St., Tallahassee, FL

Suggested Donation: \$10

John Beggs of Madison, Florida, who participated in our artist series two seasons ago, will be performing at Fellowship Baptist Church in Tallahassee, Florida, on Friday, Nov. 1. John is a homeschool high school senior who plays upright bass and piano with Tallahassee Homeschool String Orchestra. John is a two-time winner of the World Championship Old-Time Playing Contest, Junior Division. He will be performing the piano concert, "Comfort in Classic". All proceeds benefit Tallahassee Homeschool String Orchestra.

BIBLE STUDY
Tuesdays Beginning Nov. 5, 10:00 a.m.
MS Conference Room

Gaye Martin will be hosting four weeks of Bible study — the A Better Way series — on the four Tuesdays in November at 10:00 a.m. in the MS conference room. Everyone is welcome.

EPISCOPAL EUCHARIST SERVICE
Tuesday, Nov. 5, 11:30 a.m. - BC

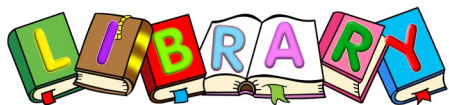
You are invited to the monthly Episcopal Eucharist Service at ACV held on the first Tuesday of each month. The next service is scheduled for Tuesday, Nov. 5, at 11:30 a.m. in BC. Rev. Ken Johnstone of St. Luke's Episcopal Church in Live Oak will officiate. All are welcome.

VETERANS PARADE AT PINEVIEW ELEMENTARY
Friday, Nov. 8, 1:30 p.m.
1748 Ohio Ave., Live Oak

All ACV veterans are invited to be part of Suwannee Pineview Elementary School's Veterans Day parade scheduled for 1:30 p.m. on Friday, Nov. 8. The parade will travel in front of the school for the enjoyment of the school's students and staff. If you would like to ride in the parade, be in the field in front of the school by 1:15. Call (386) 647-4400 for more information.

LADIES BIBLE STUDY
Tuesday, Nov. 12, 10:00 a.m.
Village Church Children's Suite

Come and join us for a ladies Bible study on Tuesday, Oct. 22, from 10:00 to 11:00 a.m. Because the CCC conference room is still being repaired, we will meet in the VC children's suite. We will be studying Judges 3.



JO KENNON PUBLIC LIBRARY

386-658-2670

Website: srllib.org

Email: dpark@neflin.org

Mon., Wed.-Fri. 9:00 a.m.-5:30 p.m.

Tuesday 9:00 a.m.-7:00 p.m.

Saturday 9:00 a.m.-1:00 p.m.

Closed Sunday

JKPL Closed

The library will be closed on Monday, Nov. 11, in observance of Veterans Day.

Early General Voting

The JKPL is an early voting site. Early voting will take place daily until Nov. 2, from 8:30 a.m. to 5:00 p.m. Anyone registered in Suwannee County can early vote at the JKPL. On Election Day (Nov. 5) all residents who have not already voted must do so at their assigned precinct.

Paint Along with Me in November

Mark your calendars and reserve your spot in November's Paint Along with Me class! On Tuesday, Nov. 12, at 3:00 p.m. and again at 5:30 p.m., Elizabeth will guide you to create a masterpiece. The subject will be a pastoral fall farm scene with mountains set in the background. Call, come by, or register online!

SHINE Medicare Counseling

Call today to reserve your appointment with a SHINE Medicare counselor. Open Enrollment is happening now! SHINE will be here on Monday, Nov. 18, from 1:30 to 5:30 p.m.

As the Page Turns Book Club

On Thursday, Nov. 7, at 2:00 p.m. the ATPT Book Club will meet to discuss *Dear John* by No. 1 best-selling author Nicholas Sparks. The author was inspired to write the novel by the real-life story of his cousin, giving the story and its characters even more depth and detail. If you have not claimed a copy, you still have time to check yours out!

History of Suwannee County

Join Eric Musgrove for another of his in-depth installments of Suwannee County's history. Every month, Eric details the events and people that impacted this area by

using images from various time periods and his extensive knowledge of local history. On Thursday, Nov. 7, at 10:00 a.m. come in and get better acquainted with this area that we call "home"!

Estate Planning Workshop

On Friday, Nov. 8, from 10:00 a.m. to 12:00 noon, Morgan and Getzan Elder Law and Estate Planning will be presenting a free workshop titled "Beyond the Basics: Why a Simple Will Won't Safeguard Your Family Legacy in Florida". Find out what Morgan and Getzan can do to help you plan for your future and your family's future. RSVP at (386) 755-1977.

New Exhibit

Our latest exhibit at JKPL is a lovely collection of textured landscapes by the late Joe Catarious. Mr. Catarious was a Village resident, Navy veteran, businessman, husband, and artist. We are delighted to have his brightly-colored paintings adding some zest to our main wall. Come by and take a look, and while you are here, check out our other displays (and maybe a book)!

Chair Yoga

Due to early voting, chair yoga classes will be suspended until 10:00 a.m., Friday, Nov. 8. The Monday classes will resume on Nov. 18 at 9:00 a.m. and 10:00 a.m.

Save the Date: Holiday Jar Painting

Nov. 19 at 2:00 p.m. or 5:30 p.m.

Call, come by, or register online.

Just a Small Collection of Words

"The world is a book, and those who do not travel read only one page" (Saint Augustine).

Starbooks Café Topic

The Starbooks Café will be gathering in the Archive room this week (Tuesday, Nov. 5), and there will not be refreshments. The conversation will still flow, even without the coffee, and next week we will resume in the regular location with the Café.

Weekly JKPL Meetings:

Starbooks Café	Tuesdays	9:30 a.m.
Hot Topics	2nd & 4th Thurs.	10:00 a.m.
Crochet Creations	Thursdays	3:00 p.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 MS at 658-5400.

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

Those who sign up for a weekly shopping trip will be put on the waiting list if they sign up for the same trip the following week. If seats remain available, those on the waiting list will be moved to the regular list.

- **Nov. 6 morning — Walmart** — Leave CH at 8:15 a.m. and DH at 8:30 a.m. Leave from Walmart at approximately 11:15 a.m. and return to the Village at noon.
- **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, and park at Publix. Leave from Publix at approximately 11:15 a.m. and return to the Village at noon.
- **Nov. 13 afternoon — Walmart** — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Leave from Walmart at approximately 3:45 p.m. and return to the Village at 4:30 p.m.

- **Nov. 20 morning — Walmart** — Leave CH at 8:15 a.m. and DH at 8:30 a.m. Leave from Walmart at approximately 11:15 a.m. and return to the Village at noon.
- **Nov. 20 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, and park at Publix. Leave Publix at approximately at 3:45 p.m. and return to the Village at 4:30 p.m.

UPCOMING BUS TRIPS

- Nov. 8 — Dine-Out to Robbie's Café
- Nov. 11 — Veterans Day Parade in Live Oak
- Nov. 15 — Dine-Out to Texas Roadhouse

DEPARTMENT NEWS

THE VILLAGE CHURCH

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

SERMON: "What's Going On, and Is Anyone in Charge?"

TEXT: Isaiah 40:21-26 & Proverbs 21:1 NIV '84

SPEAKER: Rev. Sam Worley

The following VC events are happening this week:

Operation Christmas Child: While this is a favorite event for our Pals, the rest of us can also get involved by packing our own shoeboxes and delivering them, along with \$10 for shipping, to the church office by Sunday, Nov. 10. There will be pamphlets with gift suggestions and shoebox labels on the information desks in the church foyers. If you'd like to support the cause, but don't have the time to shop, you can also build a shoebox online for \$25 at the Samaritan's Purse website.

The next **Men's Fellowship Breakfast** will be held in RDR on Saturday, Nov. 9, at 8:30 a.m. Rev. Bob Copeland will be the speaker. Tickets are \$7.00 and can be purchased from the Lopin' Gopher.

All classes scheduled in VC Room 5 will be held in the Children's Suite if the air conditioning is not functioning.

Friday, Nov. 1

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

Sunday, Nov. 3

- 9:40 a.m. — Morning Worship (VC)
- 11:00 a.m. — Sunday School Classes for All Ages
- 4:00 p.m. — WHFMS Council Meeting (Room 5)
- 4:00 p.m. — Children's Music (VC)
- 5:00 p.m. — Alive (CS)
- 5:00 p.m. — Youth Meeting (Lighthouse)
- 6:00 p.m. — Evening Service, Rev. Bob Copeland (BC)

Monday, Nov. 4

- 1:30 p.m. — VCBI: Discipleship Lessons from John's Letters, Donald Wrigley (Room 5)
- 6:00 p.m. — Youth Handbells Practice
- 7:00 p.m. — Adult Handbells Practice

Tuesday, Nov. 5

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

Wednesday, Nov. 6

- 1:00 p.m. — VCBI: Jesus in Every Book of the Bible — The Red Line of Redemption Through the Bible, Michael Saunders (Room 5)
- 6:00 p.m. — Prayer Meeting (BC)

- 6:30 p.m. — Choir Practice (VC)
- 7:15 p.m. — Christmas Cantata Practice (VC)

Friday, Nov. 8

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

Saturday, Nov. 9

8:30 a.m. — Men's Fellowship Breakfast, Rev. Bob Copeland (RDR)

MEMBER SERVICES

James Sutter—386-658-5400

Don't forget to set your clocks back this weekend, or you'll be an hour early for any events you attend on Sunday or Monday.

I hope you are planning to attend Saturday night's chili/soup cook-off and talent show. It should be a lot of fun. Tickets for the cook-off are only \$5.00 for ACV members and \$10 for non-members. There is no charge to attend the talent show, but voting is by monetary donation (the act that raises the most money wins), so do bring your dollar bills. All money raised from the talent show will go to ACV's benevolent fund to help those whose bills have outpaced their income.

If you'd like to ride on the ACV float in the Live Oak Veterans Day parade, please let us know by Tuesday, Nov. 5.

We need at least 100 members to reach a quorum at the Annual Membership Association Meeting on Tuesday night, Nov. 5, at 7:00. Come at 6:30 for refreshments. ACV President Craig Carter will speak, and we will vote for the 2025 Membership Association Executive Committee members.

Last year, we took part in Florida's BingoPalooza. Those who attended enjoyed it. We're taking part again, and this year, it will be nationwide! Join us at 1:00 p.m. on Thursday, Nov. 7, in the OPR. All you need is a pen, marker or crayon.

Member Services Tip of the Week

We enjoy a certain amount of "old-world charm" here at ACV. Because of that, we may occasionally take innate security for granted. For everyone's safety and security, we ask that you not assume everyone on campus is upright and law-abiding. Lock your doors. If you need to leave your scooter unattended in a public space, take the key. Never leave your house, car, or golf cart keys where others have access without your permission. Secure your belongings.

Scam Tip of the Week: Company Imposters
Similar to charity scams, some imposters seek to take advantage of trust placed into a long-standing or familiar business by sending communications that appear to be from the trusted business but are actually from a scam artist. If you call, they'll tell you to send payment or give personal information. They'll say you must pay with gift cards, cryptocurrency, or by wiring money, which no honest business will do. Or they'll ask for your Social Security number or access to your computer. Prior to providing a payment, ensure that you are doing business with the intended company; if you have any doubts, contact the company at the phone number or web address that appears on your billing statement.

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

The Village Post Office



Monday-Friday
11:00 a.m.–12:30 p.m.
1:00–3:00 p.m.

Saturday
11:00 a.m.–1:00 p.m.

658-5270



LUNCH & DINNER SPECIALS

Friday, Nov. 1
Grilled Reuben on Marble Rye with
Homemade Chips \$12.95

Saturday, Nov. 2
Spaghetti with Two Homemade Meatballs and
Garlic Bread \$16.95

Department of Agriculture and Consumer Services, which acts as the State's consumer complaint clearinghouse, at www.floridaconsumerhelp.com. (Source: The Florida Attorney General's Office)

Volunteer Opportunities

If you are interested in volunteering at ACV in the following opportunities or in any others, please come to MS to fill out an application.

1. Lunch deliverer for shut-ins. Meals are prepared by the dining room and picked up prior to 11:00 to be delivered to each shut-ins' door.
2. Outdoor beautification volunteer. Volunteers are needed to help Environmental Services beautify ACV's grounds by weeding flowerbeds, etc.
3. Village archives attendant. More attendants are needed to help at the Brooks Archive.

VILLAGE PHARMACY

Lee Anne Tadlock—386-658-5860

Due to changes to Medicare Part D (drug coverage) for 2025 including options for a payment plan and a \$2,000 out-of-pocket cap, I strongly encourage you to review your coverage. Open enrollment — the period in which you can make changes — ends Dec. 7, so don't delay. Schedule a time to meet with your service coordinator, call the JKPL to meet with SHINE representatives on Nov. 18, or call SHINE volunteers at 1-800-262-2243 to make sure you are signed up for your best option.

ACV ACTIVITY NEWS

BRIDGE CLUB

Dottie Stone, Reporter

The Bridge Club meets on Wednesdays at 1:00 p.m. in the OPR. If you would like to play, please call me at (352) 316-5161 or Betsey Ruehl at 658-1766 by noon on Monday.

Congratulations to our Oct. 23 winners: 1st high, Jim Varnell, and 2nd high, Cindy Hett.

CONNECTING THREADS MINISTRY

Esther Bruckel, Reporter

The Sewing Center in KC will be open Monday, Nov. 4, from 1:00–3:00 p.m. There are a variety of things to do, and some do not include sewing. You can also bring your own project and enjoy the fellowship. We look forward to *connecting* with you on Monday afternoon.

ACV DOG PARK

A Committee of the Membership Association
Monica Serlick, Reporter

If you have any old beach towels you are willing to donate (and not get back), please contact me at (386) 330-4865 and leave a message. I will be using them to remove sand spurs from the dog park.

I am also looking for a few volunteers who would be willing to help.

VILLAGE LIBRARY

Monday–Friday

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

Brenda Reas, Reporter

One of ACV's residents, Ninan Swords Rogers, has recently published her seventh book and donated a copy to our library. It is her fourth book on horses, *The Backyard Horse Owner's Manual*.

We have an audiobook section, paperback rack, and many movies and TV series on DVD for check-out.

Alert Suwannee

Use the QR code to sign up for weather alerts, traffic alerts, and more from Suwannee County. You choose what you hear about through phone call, text message, and/or email message. Or visit member.everbridge.net/892807736725570/login



Magazines can be borrowed without being checked out; just return them when you finish looking at them.

Please have your ACV ID badge available when you come to check out books and DVDs. We are located in the Schoolhouse Room between the 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

Mark your calendars: The Boys Ranch Christmas Banquet will be held on Monday, Dec. 9, at 6:00 p.m. The bus will leave from CH at 5:00 p.m. and return by 9:30 p.m. Please reserve your spot on the bus at the IC and pay the \$5.00 fee. Let them know if you need space for a power chair or walker. I must report the total number going by Dec. 3, so if you haven't reserved, you won't be counted — don't get left out!

Christmas gifts for your pen pals are up to your individual choices. Please remember that any monetary gifts must be put in a separate envelope or card and given to me. I will then make sure it goes to the proper individual who will place it into the youth's account. You can let your pen pal know about any monetary gift you have given for them.

The next letter pick-up and delivery date is Friday, Nov. 1; make sure you write to your pen pal and get your letters to the IC well before noon. The youth will then get your letters that afternoon or by Monday. If you want to become 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).

POLK CERAMICS SHOP

Sue Riedel, Reporter

The Polk Ceramics Shop will be open Saturday, Nov. 2, from 9:00 to 11:00 a.m.

STEPHEN MINISTRIES

Robin Copeland, Reporter

Continue to lift up our Stephen Ministers and Stephen Leaders in prayer. Here's what they've covered this week.

Session Six — Process versus Results in Caregiving: If ever there was a time for Stephen Minister trainees to say "Aha!", this module would be it. They learned the key understanding that they don't have to (and indeed can't) fix whatever problem it is that their care receiver faces. This session is a time for a collective sigh of relief. God is the curegiver; the Stephen Minister is the caregiver. This establishment of roles is what makes Stephen Ministry possible. The concept runs counter to the strong results-oriented approaches of present-day society. But in caregiving, the more one pushes for results in another, the faster and farther they flee.

Another training class for Stephen Ministers will begin on Monday evening, Feb. 3, 2025. We invite you to consider getting involved. Ask me how to apply.

NEIGHBORHOOD NEWS

BUTTERFIELD ACRES

Jack "CrackerJack" Dixon, Reporter

VOTE! VOTE! VOTE! "Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us" (Romans 5:1 NLT). "Because He lives, we can face tomorrow" (Bill and Gloria Gaither).

Our birthdays for the month of November are quite lengthy. We start out with Cindy Hitchcock on the 5th. Erick Coombs, Cindy's brother-in-law, celebrates on the 8th. We also have Steve Dykehouse on the 8th. Then, both Chris DiBenedetto and Alex Mabey were born on the 11th. Sierra Nissley is our youngest neighbor with a birthday this month. She was born on the

20th; with Ann Carpenter, Alice Ames and Stan Hall following her on the 23rd. Also on that date, Alice and Roy Ames celebrate another wedding anniversary. May God's love, mercy and grace prepare for you a year of good health, many friends, and happiness and smiles in abundance.

I have a misprint to share with you and that is our potluck was reported in last week's FNN to be on Wednesday, Nov. 6. However the correct date will be Thursday, Nov. 7, at 5:00 p.m. at the Harmony Center. Please mark your calendars with this important date. We will have a special guest speaker informing us of the importance of the Neighborhood Watch Program.

I had a nuclear stress test last week and I'm wearing a heart monitor this week. Lord only knows what next week will bring, but I covet your prayers during this time of testing and uncertainty.

Sometimes our tongues speak faster than our minds. I think our lives would run a lot smoother if second thoughts came first!

Have you ever noticed that the difference between ordinary and extraordinary is that little extra?

Never get too busy to listen to what your heart has to say.

Just a simple rule to follow: Always know who is at your door before you open it.

From the veranda of our humble home on the ever-so-smooth and dust-free 102nd Trail in BA: Always pray before you eat, think before you speak, and never forget who is in charge. Isaiah 40:28-31. God bless!

CARTER HOUSE

Monica Serlick, Reporter

We have two birthdays to celebrate for the start of November. Best happy birthday wishes to Helen Brooks on Nov. 6 and Mary Little on Nov. 8. May you both be blessed with health, happiness and joy in the years to come. Helen's passion for cooking and baking caters to many residents and staff — and our sweet tooth. We do appreciate it, and we appreciate her.

Special prayers are requested for Michele McSweeney that she is blessed with rapid healing from her recent surgery. Please continue to keep those others who are struggling with personal issues and those feeling under the weather in your prayers.

If you have any news you would like to share with others, please call and give me details.

Being a good neighbor takes into account helping each other out when we can if we know someone needs assistance. Additionally, we should consider their well-being. It is important to make sure you allow pest control into your home to spray, and if you notice a problem, report it to the building manager quickly. It is everyone's responsibility to maintain an environment in their home that is not appealing to bugs or roaches.

Sadly, there are some folks who refuse to follow Village rules and policies though they choose to live here knowing these exist. This disrespect to their neighbors is disheartening.

Please remember to smoke in the designated area or inside your vehicle with the door closed. When it comes to walking your dog, please remember to keep your dog on a leash and ALWAYS pick up after them. Please be responsible. "There is not a decision that you will make that will not have a consequence potentially greater than the decision itself. The question then becomes, 'Is the decision such that the long term consequence will offset the short term gain'" (Craig D. Lounsbrough)?

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

Concerning donuts: I'll never be okay with a donut shop that cuts a hole in my donut, then turns around and tries to charge me separately for the same donut hole they just withheld from me!

Ann Taylor will celebrate her birthday on the 1st. We all wish you a happy birthday and hope your day is blessed.

On Nov. 3, turn your clocks back one hour! It's that time of the year again when we can watch the sunset as we eat lunch!

On Nov. 5, GO VOTE!

The Gospel Sing on Saturday was great! We had almost 40 folks, and the pastor said, "Y'all are singing real good!"

Psalms 96:1-4: "Sing unto the Lord a new song: sing unto the Lord, all the earth. Sing unto the Lord, bless His name; shew forth His salvation from day to day. Declare His glory among the heathen, His wonders among all people. For the Lord is great, and greatly to be praised: He is to be feared above all gods."

Have a blessed weekend.

EDGEWOOD TERRACE

Cathy Oberg, Reporter

Hello, neighbors. I trust we've all survived Halloween and came out free of tricks from little hobgoblins.

Happy birthday to Jessica Whitmore-First on the 2nd and Debbie Hoffman on the 6th. May the coming year be as glorious as the weather has been, and may you enjoy health and happiness.

Now that the cooler weather has arrived it seems that things are popping up, and everyone is getting busier. I find that I no longer have any excess time to call my own. My thoughts seem to be turning to the coming holidays and what needs to be done. Fortunately, thanks to ACV, I don't have to plan or make Thanksgiving dinner. Then comes the decorating for Christmas — all the baking and shopping. The list goes on and on. It's no wonder I can't find any time for myself.

I am looking forward to the chili/soup cook-off. We have some fantastic cooks in the Village. I hope to

☞ *At the Village Square* ☞

Riverside Gifts

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

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

Christmas is coming to the Book Nook! Christmas-related items are located throughout. Look for the candy canes and red bows marking the shelves.

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, Nov. 2, 9:00 a.m.-2:00 p.m.

We're glad to see so many getting a head start on their Christmas shopping! But there's no way we're going to run out. We're open this Saturday, so come and let us help you get this done; there's no need to get stressed out about it.

Village Cashier's Office

658-5343

Monday-Friday • 10:30 a.m.-12:30 p.m.

see you there to vote on your favorite. I'm also looking forward to the talent contest. It should make for a truly enjoyable evening this Saturday.

Keep checking on your neighbors, and make this the friendliest neighborhood ever. Be safe, healthy and happy.

GOOD SAMARITAN CENTER AND DACIER MANOR Bruce Arnold, Reporter

October is Pastor Appreciation Month, and the VC held a special pastor appreciation program in RDR on Sunday night, Oct. 27, which Evelyn and I attended. We want to thank all who wrote cards and letters of encouragement, which were given to us that evening. When we got home, we read each one, and we felt the love and appreciation of all who are here at VC and ACV.

When we made the decision to come to Dowling Park, and I began ministering at GSC, I've always told people who have asked me that I've never regretted moving here; this has been a blessing for us. We appreciate all who have brought words of help and encouragement over these past years, and I look forward to many more years of blessings!

Then on Monday, GSC took a moment after morning devotions to enjoy some cookies, brownies and soft drinks, and to present to me, Pastor Bruce, cards of appreciation. I have been touched by the sincere and heartfelt words from ACV, VC and GSC. I appreciate all of these people very much!

On Sunday, Oct. 27, Rev. John Nicely and his wife, Cathy, came to share for the morning worship service. Rev. John shared from God's word with the message "Does Jesus Still Love Me?", and Cathy brought a song, which encouraged and blessed everyone. Thanks to Rev. John and Cathy!

Tuesday was the bake club at GSC. Latoria, Robin and Forest had a plan for this week! This time they didn't bake, but rather, the residents were treated to a cup of dirt and worms! It seems the menu for meals has changed drastically, but strangely enough, I didn't hear any complaints, but just saw empty cups on the table after everyone had finished! Crushed chocolate cookies, chocolate pudding, and gummy worms made for a Halloween treat that was eagerly consumed!

I haven't mentioned yet, but we have a new member of our Activities Department, Forest Lanier, who joined us a few weeks ago. We welcome Forest, and we are thankful for his engaging ways, and his help with the activities each day!

Remember, this week we turn our clocks back one hour ... to real time!

We're happy to say that our friends at DM are now free to move about the building after a brief (well, sort of brief) battle with the dreaded "C" word!

MEMBER BENEFITS

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

This week's member benefit of note:

ACV's first responders are available for consultation and triage in non-emergency medical situations 24 hours a day, seven days a week to all on-campus members and to off-campus members who live near ACV.

ACV's first responders are also available to provide some campus security services and to assist members in other ways during nighttime and weekend hours. Again, these services are available to all on-campus members and to off-campus members who live nearby. To contact a first responder, call the IC at 658-3333.

FOR YOUR INFORMATION

THE VILLAGE CHURCH BIBLE INSTITUTE Michael Saunders, Reporter

We are very blessed to have many classes, Bible studies, and group gatherings every day of the week here in the Village. We have something for everyone — Sunday School classes, Bible studies, training sessions, discussion groups, and in-depth Bible classes. Not to mention the weekly worship services.

Four times a week, Bible classes and one discussion group are held by the Village Church Bible Institute (VCBI). These classes are opportunities to learn the Scriptures better, grow deeper in your faith, and grow closer to the Lord Jesus Christ.

We invite and encourage everyone to take advantage of these opportunities for spiritual growth. Please come and join us! God bless you.

FROM BAGS TO BEDS Linda Warner, Reporter

Oct. 17 meeting went fairly well. A situation came up, and I felt it was up to the volunteers' discretion on whether they wanted to come to the meeting. I called the regular volunteers and three decided that they were still coming, and that is fine.

Flu season and COVID can spread rampantly if precautions are not taken. If you are sick and not feeling well, you should not go to events. I know there are times when we are exposed to the flu or COVID and don't know it, so stay vigilant and wash your hands. Stay safe and stay well.

At last week's meeting, I decided some volunteers needed a promotion. I'm sorry it doesn't come with a pay raise. We have a male volunteer that folds hundreds of bags a week, and I couldn't keep up with him. I had to come up with an idea to utilize other volunteers at different stages of the plarn process. This was, of course, optional, whether or not the volunteer felt comfortable with change.

I am happy to report we have another person to cut the bags and another person to weave. We are still looking for volunteers to crochet the balls of plarn into mats.

As I walked with the one volunteer who took on the new task of weaving, we talked of plarn. She said she folds bags, and I reminded her she now weaves. Her reply was, "Oh yeah, I graduated." A gentleman who heard the conversation as we passed congratulated her on her promotion. I found that funny. See, the promotion did not go unnoticed.

I hope to see you on Thursday mornings, 10:00 a.m.–12:00 noon, at Cleo's Meeting House. Any questions or concerns, contact me at (904) 484-8796.

NUTS! NUTS! NUTS! Verna Piper, Reporter

I hope you aren't waiting to order amaretto pecans. You just might be too late as they're almost gone. I still have plenty of everything else. Please feel free to call me at (386) 208-1967 if you'd like to come and shop. Or you can always drop by on my regular "office hours", Tuesday, Thursday and Friday from 4:00 to 6:00 p.m. Thanksgiving is coming; are you making the pecan pie this year? I'm glad to help!

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.

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: Nov. 8 and 22. Dec. 6 and 20. To make an appointment, please call Leigh Ann Cannon at (386) 755-1334, Ext. 117.

HAIR CROPPERS

Welcome to fall! I am offering a gel polish pedicure and gel polish manicure combo for only \$80.

I have only a few appointments available for this service, so first booked, first served! Call or text (386) 205-3791 to book your appointment!

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.

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? Submit your question to MS, and we will do our best to find out the answer for you and publish it here.

Q: When is the next Market Day?

A: The next Market Day is scheduled for Saturday, March 8, 2025.

THANK YOU

Thank you to the two ladies who called me about my lost trash can. Happily there were two cans found. I only took one can. Sadly I don't know how to contact the two ladies. I can't find or recognize the numbers in my phone. I am so sorry to thank you this way, but thank you very much! You were both very kind. God bless you.

Michael and Patty Saunders

On behalf of the entire pastoral staff of the VC, I would like to express our heart-felt gratitude to each of you for your prayerful and loving support of which we are the beneficiaries. Sunday evening's gathering was both humbling and greatly encouraging to each of us! We are grateful for how you bless us with your kindness and appreciation, and your willingness to partner with us in ministry. We each received wonderful notes and other expressions of love and appreciation, for which we are very, very thankful! From our hearts, "Bless you one and all!"

Pastor Sam Worley

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. Ads may be dropped into the box near the IC, or emailed to fnn@acvillage.net. Only ACV members and staff may advertise here. Ads run for two weeks.

FOR SALE: 13' aluminum canoe, excellent condition, two seater with high seat backs. Has added motor mount. Comes with life jackets, one double ended paddle, and one wooden paddle. On a trailer and has two sets of portable wheels for portage. Chain and lock, presently under tarp cover. Various lines and ropes. RIVER READY! All for \$900. Contact Joel at 386-658-1313.**

FOR SALE: Golf cart charger - 48V three prong connection \$50. Hand crank green vegetable juicer \$20. Contact Joel at 386-658-1313.**

IN SEARCH OF: The Village Attic requests that the owner of the Dodge pickup truck deposited at the Attic

without authorization identify themselves to Attic management or the vehicle will be removed and disposed of.**

FOR SALE: 2010 Toyota Tacoma PreRunner Access Cab. 117,000 miles. Automatic transmission. 2.7 L engine. \$11,000 OBO. Call 386-678-1962.**

FOR SALE: Apple desktop computer, all in one, 24" screen, 16 GB memory, Macintosh HD. \$710. Call Lew at 334-200-6331.**

FOR SALE: Two canvas camping cots with side storage, never used, in carrying case. 78"x28"x16". \$20 each or two for \$35. Call 658-2633.*

CLEAR-OUT SALE: 10892 Maple Lane (POP), Saturday, Nov. 2, from 9:00 a.m. to 5:00 p.m. Chest of drawers, collectible glassware, electric recliner, kitchen items, antique iron bed, large workbench, rabbit hutch, cookbooks, corner cabinets, chairs, old trunk, tools and much more. Contact Elaine at 423-802-0279 if you have any questions.*

NEEDED: We urgently need five new pen pals for five new children who have just been approved for entry to the FSyr. Three have recently arrived at the Boys Ranch, and the other two are due to arrive within a few days. Please call Monica Serlick to complete the form and become a pen pal! Call 386-330-4865 and leave a message.*

WANTED: Moving boxes. Please call 386-688-2103.*

DAYLIGHT SAVING TIME Submitted by Betsey Ruehl

In 2024, daylight saving time ends Sunday, Nov. 3, with clocks rolling back one hour at 2:00 a.m. Hawaii and Arizona — with the exception of the Navajo Nation — are the only two states in the nation that do not participate in daylight saving time, according to the DOT. In addition, five U.S. territories also do not participate in daylight saving time: American Samoa, Guam, Northern Mariana Islands, Puerto Rico and the Virgin Islands. (Imagine how confused you can get if you are traveling in any of these places at this time of year!) Next year, it will begin again on Sunday, March 9.

The push to stop changing clocks was put before Congress in the last couple of years, when the U.S. Senate unanimously approved the Sunshine Protection Act (SPA) in 2022, a bill to make daylight saving time permanent. Although the Act was passed unanimously by the Senate in 2022, the U.S. House of Representatives did not pass it, and President Joe Biden did not sign it. (Sources: online articles by Eve Davies, Associated Press, GMA, The Weather Network, BBC News, and USA Today.)

It is recommended that you start to go to bed a little earlier each day for the week before the official "turning back of the clocks" to help your body adjust to the change. Researchers at the American Academy of Sleep Medicine say that "light is the most powerful exogenous zeitgeber." In layman's terms, that means the most powerful signal to your body that it's time to wake up. (Now we've learned two new words!)

The time change can change the birth order of twins, on paper at least. It happened in 2016, when Emily and Seth Peterson of West Barnstable welcomed their sons Samuel and Ronan on Nov. 6 in Cape Cod. Samuel was born just before the 2:00 a.m. time change. Ronan arrived 31 minutes later, but because the clocks had already fallen back one hour, his official birth time was recorded as 1:10 a.m. instead of 2:10 a.m.

Violent crime in the U.S. goes down 10–13 percent during daylight time, according to a 2015 study. Did you know that candy manufacturers lobbied for DST to be extended to Halloween so young trick-or-treaters could stay out later? Happy Halloween, everyone! Don't eat all the leftovers at one time.

If you have lights that come on automatically at certain times, you may need to adjust them. You may also want to set your ceiling fans to spin clockwise as the temperature drops.

Prices 11/1–11/7



THE VILLAGE GROCER

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

GROCERY

Star Kist Alaska Pink Salmon	14.75 oz.	\$ 4.79
Hunts Manwich	15 oz.	\$ 2.19
Ragu Pasta Sauce, all varieties	45 oz.	\$ 4.99
Folgers Ground Coffee, all varieties	9.6 oz.	\$ 7.19
Mueller's Spaghetti Noodles	16 oz.	\$ 2.39
Pillsbury German Chocolate Cake Mix	15.25 oz.	\$ 2.29
Pillsbury Coconut Pecan Icing	15 oz.	\$ 2.59
Dial Hand soap	11 oz.	\$ 3.09

DAIRY

Milo Tea Sweet or No Calorie	Gal.	\$ 3.69
Pillsbury Grand Biscuits	16.3 oz.	\$ 4.69

PRODUCE

Grapefruit	each	\$ 1.99
Sweet Potato	per lb.	\$ 1.29

FROZEN

Stouffer's Lasagna	38 oz.	\$11.99
McKenzie's Chub White or Yellow Corn	20 oz.	\$ 2.69

MEAT

Bone-In Chicken Breast	per lb.	\$ 2.99
Boneless Beef Sirloin Roast	per lb.	\$ 5.99
Lee Smoked Picnic Hams	per lb.	\$ 2.49
Villari Sliced Bacon	12 oz.	\$ 4.49
Seabest Swai Fillets	16 oz.	\$ 4.99
Sunset Farms Smoked Sausage, all varieties	16 oz.	\$ 3.99

CHEESE OF THE WEEK

American Cheese — \$6.29 per lb.

DON'T FORGET TO ORDER YOUR ROTISSERIE CHICKEN

Full chicken \$9.99, Half chicken \$5.99

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

This Week's Verse:

For lack of guidance a nation falls,
but victory is won through many advisors.

Proverbs 11:14

*Delivery available to on-campus ACV members only

Nov. 1–8, 2024

FRIDAY, 11/1

- \$2.53 Soup:** Shrimp Corn Chowder
\$6.44 Entrées: GF Baked Fish, GF Garlic Butter Shrimp, Ham Quiche, Fried Catfish
\$1.21 Sides: Mixed Greens, Cauliflower, Cold Salads, Fruit, Baked Beans, Cheese Grits
\$2.76 Desserts: Assorted Regular and NSA Desserts

SATURDAY, 11/2

- \$2.53 Soup:** Baked Potato
\$7.59 Whistle Stop Special: Loaded Hot Dog, Chili, Macaroni Salad, Assorted Desserts, Fountain Drink

SUNDAY, 11/3

Lunch Buffet

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

- Entrées:** Pot Roast, Potato and Cheese-Filled Pierogis, Fried Chicken
Sides: Prince Edward Vegetable Blend (Green and Waxed Beans, Carrots, and Corn), Cold Salads, Fruit, Fried Apples, Macaroni and Cheese, Mashed Potatoes with Gravy
Desserts: Assorted Regular and NSA Desserts

MONDAY, 11/4

- \$2.53 Soup:** Cream of Broccoli
\$6.44 Entrées: Liver and Onions, Fried Cod Fish
\$1.21 Sides: Cheesy Cauliflower, Okra, Cold Salads, Fruit, Rice Pilaf, French Fries
\$2.76 Desserts: Assorted Regular and NSA Desserts

TUESDAY, 11/5

- \$7.70 Special:** Salad Bar
\$6.44 Entrées: Turkey BLT, Country Fried Steak with White Gravy
\$1.21 Sides: Honey Glazed Carrots, Three-Bean Salad, Cold Salads, Fruit, Potatoes au Gratin
\$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

Nov. 1–8, 2024

WEDNESDAY, 11/6

- \$2.53 Soup:** Soup of the Day
\$6.44 Entrées: Honey Ham, Fried Chicken
\$1.21 Sides: Cabbage, Green Beans, Cold Salads, Fruit, Mashed Potatoes with Gravy
\$2.76 Desserts: Assorted Regular and NSA Desserts

THURSDAY, 11/7

- \$6.44 Entrées:** Sweet-n-Sour Meatballs, Chicken Paprikash
\$1.21 Sides: Garlic Spinach with Tomatoes, Zucchini, Cold Salads, Fruit, Rice
\$2.76 Desserts: Assorted Regular and NSA Desserts

FRIDAY, 11/8

- \$2.53 Soup:** Clam Chowder
\$6.44 Entrées: GF Baked Fish, GF Butter Garlic Shrimp, Salisbury Steak, Fried Catfish
\$1.21 Sides: Mixed Greens, Baked Beans, Cold Salads, Fruit, Cheese 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, Nov. 1

Grilled Reuben on Marble Rye with Homemade Chips
\$12.95

Saturday, Nov. 2

Spaghetti with Two Homemade Meatballs and
Garlic Bread \$16.95



658-5259

Mon–Fri: 11 am–1 pm
Sat. & Sun: 11 am–1:30 pm



658-5259

Sun: 7:30–10 am | 3:30–7 pm
Mon–Fri: 7:30–10 am | 2:30–7 pm
Sat: 7:30–10:00 am | 3–7 pm



658-5777

Wed–Thurs: 11 am–2 pm
Fri–Sat: 8–10:30 am | 11 am–8 pm

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

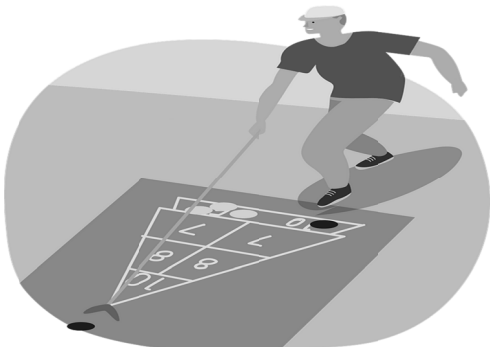
FITNESS BASICS: Copeland Center staff is available to assist members with the machines in the exercise room. If you are interested, please call the CCC at 658-5555.

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

8:00–11:00 a.m. played at the Court located by the Wood Working Shop. Inclement 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 658-2683 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

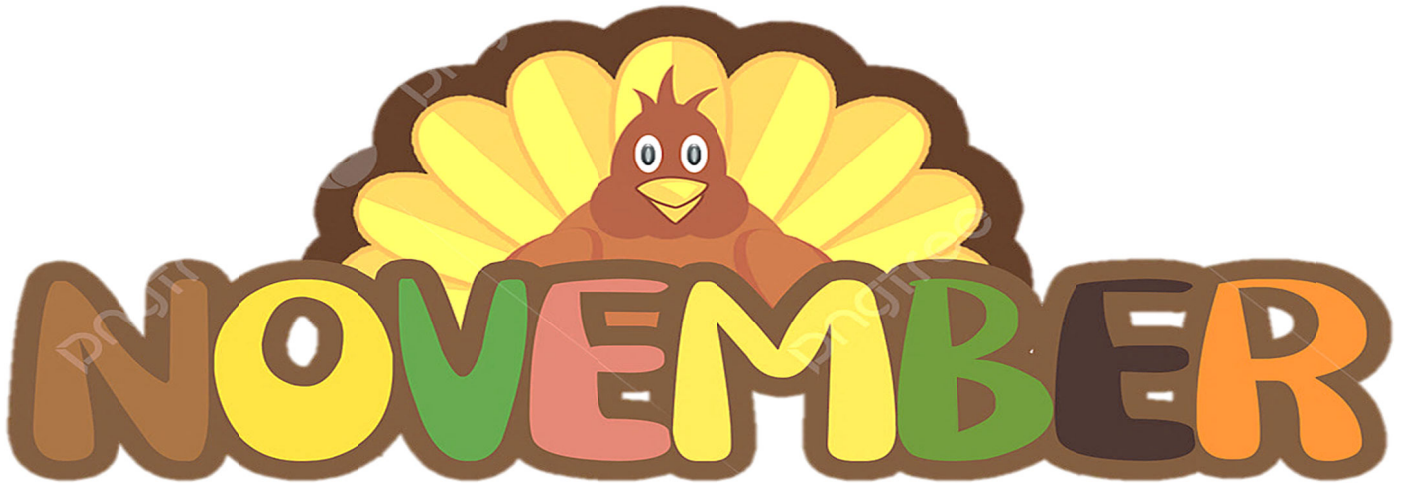
**Stretch and strengthen your body;
release tension; ease your mind!**

*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.–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 AM	VIDEO
MWF	Water Aerobics	Copeland Pool	9:30–10:00 a.m.	
MWF	Aquatone for Arthritis	Copeland Pool	10:05–10:55 a.m.	
MF	Pickle Ball	Court on Aquila Circle	9:00–11:00 a.m.	See back for more information!
T TH	Stretching with Joyce Berra	MPR/CCC	8:30-9:30 AM	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.–12:00 noon		

The MPR is closed until further notice.

The CCC will be closed on Thanksgiving Day and will be open with limited hours the Friday following:

Thursday, Nov 28: CLOSED

Friday, Nov 29: 6:00 a.m.–12:00 noon