



MONTHLY NEWSLETTER



JUNE 2017

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HAPPINESS CHALLENGE

You do not need to deserve happiness. Happiness is free. There are no conditions.

What was your reaction when you read those first seven words? There are times in our lives when we believe they are true. BUT, the next seven words change the whole concept of those first seven words. So, I want you to focus on happiness. Your happiness, the happiness of your friends and, if you push yourself out of your comfort zone, the happiness of the people around you.

Your happiness is a gift to you and to others. Think of what happens when you are happy – what happens around you? Seriously, think about it. Think about how the atmosphere changes, how people change, how everything seems to lighten up.

Ask yourself, from 0 to 100% how open am I to happiness? Your challenge this month: What would it take for me to be 100% open to happiness? Start with now as you are reading this article. “Today, I am going to be more open to life.”

Today, I set my intention. Not only will I be happier, I want to ensure those around me will also be aware of their potential for happiness. I will become a happiness agent.

We begin with only four intentions. In each of them, we are only looking to notice the effect that our intention has on us, on others around us, and on our day as a whole.

Accepting: Today I will be 10% more accepting of myself, of others, and of my life.

Receptive: Today I will be 10% better at receiving help, love and support from others.

Grateful: Today I will be 10% more grateful for everything that is happening in my life right now.

Present: Today I will be 10% more open to the idea that I really am in the right place at the right time.

Happiness is not a search, it is a choice. Choose to be happy.

By Pat Nichol in INSPIRED
Senior Living Magazine

**“SUMMER
BREEZE
MAKES ME
FEEL FINE”**



**RESIDENTS' COUNCIL
INFORMATION**

We had 18 residents in attendance at our last meeting. Tudy Snyder won the drawing for the quarters. Everyone was happy that management had the lights repaired. The Wolfson's project will be ending in August. There was discussion of having a movie night. We would like to invite the service coordinator to attend June's meeting to discuss the details. Please come to this meeting and give us your input. A resident suggested that having a Karaoke night would be fun. We can discuss this further at June's meeting as well. The June birthday party will be on 6/3 at **NOON** and will be sponsored by Christ United Methodist Church. We will be having a Fourth of July Hoopla on 7/4 at 1pm! It will be a picnic outside and the Resident Council will be providing the food - hot dogs, watermelon, ice cream and beverages. All residents are invited. Have a happy summer!

Vivian Simpson
Residents' Council President

HAPPY BIRTHDAY FRIENDS

- Kathy Wilfong** **June 8**
- Sofia Zorgios** **June 12**
- Red Kellow** **June 15**
- Buck Durley** **June 16**
- Sue Smith** **June 25**
- Bob Swanner** **June 29**

Peggy Johnson



FAREWELL AND BEST WISHES

**Sarah Hill
Barbara Yates**

Crafty Critters

We are a "new" group, meeting on the second and fourth Tuesdays in the Community Room from 1:00 PM to 3:00 PM. We know there are some folks here at the Hamlet that make and do a variety of things. We would love to have you join us. Questions? Call Connie Wendt.

**PABLO HAMLET
RESIDENT COUNCIL**

**MONTHLY RESIDENTS'
COUNCIL MEETING
WEDNESDAY
June 21
2:00 PM**




**RESIDENT BIRTHDAY PARTY
Saturday, June 3
12:00 NOON**

**Sponsored by
Christ United
Methodist
Church**



~ JUNE 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	2 <u>PEST CONTROL WEST BUILDING</u> Apts. 126—132 Apts. 228—236 Apts. 328—336 <u>OnSite Dermatology</u> 9:00 AM <u>SIMPLY SHARING</u> 2:00 PM	3 <u>RESIDENT BIRTHDAY PARTY</u> 12:00 NOON
4 BREAD / SWEETS 1:00 PM	5 <u>GAME NIGHT</u> 6:00 PM	6	7	8 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	9	10
11 BREAD / SWEETS 1:00 PM	12 <u>GAME NIGHT</u> 6:00 PM	13 <u>CRAFTY CRITTERS</u> 1:00 PM	14 FLAG DAY	15 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	16 <u>PEST CONTROL EAST BUILDING</u> Apts. 101—108 Apts. 201—209 Apts. 301—309 <u>SENIOR MOMENTS</u> 6:00 PM	17
18 Happy Father's Day! BREAD / SWEETS 1:00 PM	19 <u>HURRICANE PREPAREDNESS MEETING</u> 2:00 PM <u>GAME NIGHT</u> 6:00 PM	20 <u>WOLFSON'S CHILDREN'S SERVICE PROGRAM</u> 1:00-3:00 PM	21 First Day Of Summer <u>PODIATRIST</u> 9:00 AM <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM	22 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	23 <u>BOARD GAMES</u> 11:00 AM	24
25 BREAD / SWEETS 1:00 PM	26 <u>GAME NIGHT</u> 6:00 PM	27 <u>CRAFTY CRITTERS</u> 1:00 PM	28	29 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	30	

ETC. ETC. ETC.



3				9		7	2
	9		2				1
		1					9
8	4			3			
	7					9	
			7			2	4
9					4		
7				5		3	
5	8		4				7

Daily SuDoku: Mon 15-May-2017

hard

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APEX AND SILVER REHAB PARTNER WITH PABLO HAMLET

Apex Home Health Care and Silver Rehab are partnering with Pablo Hamlet and Pablo Towers to make health care more accessible to you. If you would like to receive physical therapy in your apartment or would like to go to the rehab clinic at Pablo Towers to receive physical therapy, this is available through Silver Rehab.

Just call Courtney Ainsworth with Apex Home Health Care, and she can assist in getting this set up with Silver Rehab for you. Also, Courtney can assist in connecting you with home health care, occupational therapy, speech therapy, behavioral health, or a social worker. You can contact Courtney on her cell phone at 904-838-7245 or at her office number at 904-425-4203. Her email address is:

courtneyainsworth@apexhealthcare.com

The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.
~Mortimer Adler

Daily Sudoku: Mon 15-May-2017

hard

5	8	3	4	6	2	9	1	7
6	3	2	5	9	8	4	7	1
9	2	6	3	7	1	4	5	8
6	3	9	7	5	8	1	2	4
1	7	5	6	2	4	8	9	3
8	4	2	9	1	3	7	6	5
2	6	1	5	8	7	3	4	9
4	9	7	2	3	6	5	8	1
3	5	8	1	4	9	6	7	2

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Sudoku Solution