

Here on Campus

Tues. April 4, 10am, Coffee and Conversation with Josh. Johnson Hall. Come hear the latest campus news and survey results!

Tues. April 4, 7pm, World Affairs Council Simulcast. Johnson Hall.

Wed. April 5, 2pm, Make Your Own Easter Baskets. Expressions Studio. Resident Nada Heyl will demonstrate how to make your own using salt, flour and water. Directions will be distributed.

Fri. April 7, 10:30am, Travel with Kayla. Johnson Hall.

Mon. April 10, 11am, The Vanishing Center of American Democracy. Johnson Hall. Distinguished Professor at UV, James Hunter will present his research on this hot topic.

Tues. April 11, 3pm, Meet the Candidates. Johnson Hall. Each of candidates for Resident Council will offer a short presentation and answer any questions you may have.

Mon. April 17, 3pm, Lawson Ensemble. Johnson Hall. Nick Curry and friends perform a Beethoven string trio, Bach 3 part inventions, and more!

Tues. April 18, 2pm, Touch and How It Affects Our Social Functioning. Johnson Hall. How much do we know about the ways touch influences our daily functioning? Hear about a number of experiments that clarify this question with Resident Jelena Gill.

Wed. April 19, 2pm, Painting with Ellen. Expressions Studio. **This painting party is designed for those who have never painted before.** The instructor will lead you through each stage step by step! This 2-hour class is \$25. Leave with your Art!

Thurs. April 20, 10:30am, Meet the Managers. Johnson Hall. Karen Allen, Manager of Wellness Services; Brandon Levy, Transportation Supervisor and Sam Grillo, Exercise Physiologist.

Thurs. April 27, 7pm, Food for Body and Soul. Johnson Hall. The North Florida Women's Chorale will sing just for you! Enjoy dinner in the Café based on their songs beginning at 5:30pm.

Out & About- Sign up Required

*** Tues. April 4, 5:45pm, World Affairs Council. The Road Ahead: A New Path and Leadership for the U.S.** with Peggy Noonan.

***** Wed. April 5, 8:30am, Healthy Hike with Sam.** Timucuan Preserve. Escape into nature as you walk for over two miles along the Willie Browne trail, which includes a bird observation platform.

***** Thurs. April 6, 10am, Clay County Agricultural Fair.** Senior Day is free! Eat fair food and enjoy the fun in Green Cove Springs.

*** Fri. April 7, 9:15am, Coffee Concert.** Canellakis Conducts Shostakovich.

*** Sat. April 8, 9:30am, Labyrinth Workshop.** Christ Episcopal Church. 10-12:30pm, \$10 fee includes lunch. Call 285-6127 to register.

**** Sat. April 8, 11am, Springing the Blues.** Jax Beach. Bring a lawn chair and feel the ocean breeze and enjoy the music. Pickup 2:30.

*** Sat. April 8, 6pm, Masterworks.** Canellakis Conducts Shostakovich.

***** Wed. April 12, 8:30am, Healthy Hike with Sam.** Blue Cypress Park. 2.5 mile hike.

*** Thurs. April 13, 6pm, Jumbo Shrimp**

**** Fri. April 14, 1pm, Labyrinth Walk.** Christ Church San Pablo. Good Friday walk.

*** Mon. April 24, 11am, Lunch Bunch.** Mambo's Cuban Café.

*** Wed. April 26, 5:45pm, Alhambra.** Dreamgirls. Call 641-1212 for tickets.

**** Thurs. April 27, 6pm, Jumbo Shrimp**

**** Fri. April 28, 9:30am, Fish-A-Thon.** Hanna Park. The City of Jacksonville invites you to a free fish fry and fun day!

*** Fri. April 28, 6pm, Masterworks.** Tchaikovsky's Pathétique. Call 354-5547.

Shopping Schedule

***** Fri. April 21, 9:30am, Fernandina Shoppes.** Departing the shopping center at 2:30pm.

Activity Level Icons

- *** Level 1-All levels of endurance are welcome.
- **** Level 2-Must be able to walk a minimum of 30 minutes. There may be a few stairs.
- ***** Level 3-Trip includes walking over 45 minutes.



April 2017

WELL Inspired

One Fleet Landing Boulevard | Atlantic Beach, FL 32233
1.904.246.9900 | www.fleetlanding.com

Derfer Healthcare Pavilion Grand Re-Opening Wednesday, April 26 3:00 - 5:00pm



Please join us to Celebrate the Completion of the Final Phase of the Derfer Healthcare Pavilion Renovation Project.



Volunteer Appreciation Brunch

Calling all Volunteers!

Tuesday, April 25 ~ 10:30am ~ Johnson Hall

The Staff of the Derfer Pavilion, Leeward Manor, The Nancy House, Residents Helping Residents, and Wellness Services would like to say Thank You to the Residents that volunteer their time assisting other Residents!

Please sign up in the Event Book!

April 24-28 is National Volunteer Appreciation Week



Upcoming Events

5/3 Singers by the Sea

5/31 National Senior Health & Fitness Health Fair

6/10 Country Music Festival



4/7 ~ 3pm

4/18 ~ 10am

4/19 ~ 10am

4/21 ~ 3pm

Become an App Champ!

Resident Council Election

Meet the Candidates ~ Johnson Hall
April 11, 3:00pm

Election Day ~ Please Vote!
April 26, 9am-4:30pm, Club Room

Resident Council Annual Meeting
April 26, 7:30pm, Johnson Hall

Services at Windward Commons

- Jewelry Repair- 4/5 9-4pm
- Mobility Devices- 4/6, 11am
- Massage- Guy - 525-1539
- Massage- Summer - 466-2801
- Personal Training -Sheri-234-0038
And Patrizia -861-5914

Services at Leeward Manor

- Audiology Services - Fridays
 - Podiatry Services -Thursdays
- Contact Ext. 1400 for an appointment.

Sunday	Monday	Tuesday 5pm Happy Hour	Wednesday	Thursday	Friday	Saturday
Key: AN- Annex AR- Atlantic Room AT- Atrium CC - Coleman Center CR- Club Room DL- Dinda Library	ES- Expressions Studio FC-Fitness Center FS- Fitness Studio GR- Great Room JH- Johnson Hall SR- Serenity Room TC- Tech Center WC- Windward Commons		<h1>April 2017</h1>			1 2:00 Movie/JH <i>McFarland USA</i> — 2015 - PG/CC
2 Church Shuttles 10:00 Church Service/JH Pastor Hugus	3 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 9:45 Aqua Fitness/Pool 9:45 Tai Chi/FS 10:30 Chair Yoga/FS 1:30 Computer Help Desk/TC 2:00 BarreMat Fusion/FS	4 Classes Same as 4/18 10:00 Coffee & Conversation with Josh/JH 5:00 Dinner & Simulcast/Café 5:45 World Affairs UNF	5 Classes same as 4/12 NEW 8:30 Timucuan Hike 9:00 Jewelry Repair/WC 2:00 Make Your Own Easter Baskets/ES NEW	6 Classes same as 4/13 NEW 10:00 Clay County Fair 11:00 Mobility Device Clinic/WC	7 Classes Same as 4/21 9:15 Coffee Concert 10:30 Travel with Kayla/JH 3:00 Become an App Champ!/JH NEW	8 9:30 Labyrinth Workshop NEW 10:30 Springing the Blues 2:00 Movie/JH <i>Victor Victoria</i> —1982- PG/CC 6:00 Masterworks
9 Church Shuttles 10:00 Church Service/JH Pastor Hugus	10 Classes Same as 4/3 11:00 The Vanishing Center of American Democracy/JH 2:00 Health Care News/JH Transitioning to the Assisted Living Facility 2:30 Therapy Presents/JH Speech Therapy Overview	11 8:30 Functional Balance/FS 9:15 Going the Distance/FS 10:00 Gentle Aqua/Pool 10:15 Yoga/FS 11:00 Dementia Support Group/SR 2:00 Balance Mix/FS 2:45 Line Dancing/FS 3:00 Meet The Candidates/JH 5:00 Happy Hour Birthdays/AT	12 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 8:30 Blue Cypress Hike 9:00 Body Shop/FS 9:45 Aqua Fitness/Pool NEW 9:45 Tai Chi/FS 10:30 Chair Yoga/FS 2:00 BarreMat Fusion/FS 3:00 Body Flow/FS 5:00 Lakeside Cookout	13 8:30 Functional Balance/FS 9:15 Going the Distance/FS 10:00 Wellness Walk/WC 10:15 Yoga/ FS 2:00 Balance Mix/FS 5:00 Seder Dinner/AR 6:00 Baseball Game	14 7:30 Rise and Shine/FS 8:15 Cardio Step/FS 9:00 Body Shop/FS 9:45 Aqua Fitness/WC 9:45 Tai Chi/FS NEW 10:30 Chair Yoga/FS 1:00 Labyrinth Walk 3:30 Good Friday Church/JH	15 2:00 Movie/JH <i>Something's Gotta Give</i> —2003 - PG- 13/CC
Church Shuttles 16 10:00 Church Service/JH Pastor Hugus Easter Day Dinner Two Seating's, RSVP 11:30 & 2:30pm 	17 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 9:45 Aqua Fitness/Pool 9:45 Tai Chi/FS 10:30 Chair Yoga/FS 1:30 Computer Help Desk/TC 2:00 BarreMat Fusion/FS 3:00 Body Flow/FS 3:00 Lawson Ensemble/JH	18 10:00 Become an App Champ!/JH NEW 11:00 Dementia Support Group/SR 2:00 Touch and How It Affects Our Social Functioning/JH	19 Classes same as 4/12 10:00 Become an App Champ!/JH 11:00 Farmers Market/AT 2:00 Painting with Ellen/ES 5:00 Lakeside Cookout	20 8:30 Functional Balance/FS 9:15 Going the Distance/FS 10:00 Wellness Walk/WC 10:15 Yoga/ FS 10:30 Meet the Manager: Karen Allen, Manager of Wellness Services/JH 2:00 Balance Mix/FS	21 7:30 Rise and Shine/FS 8:15 Cardio Step/FS 9:00 Body Shop/FS 9:30 Shopping Fernandina 9:45 Aqua Fitness/WC 9:45 Tai Chi/FS 10:30 Chair Yoga/FS 3:00 Become an App Champ!/ES NEW	22 2:00 Movie/JH <i>Tender Mercies</i> – 1983 - PG/CC 11:45 Met Opera
Church Shuttles 10:00 Church Service/JH Pastor Hugus	24 7:30 Rise and Shine/FS 8:15 Cardio Fun/FS 9:00 Body Shop/FS 9:45 Aqua Fitness/Pool 9:45 Tai Chi/FS 10:30 Chair Yoga/FS 11:00 Lunch Bunch Mambo's 2:00 BarreMat Fusion/FS	25 Classes Same as 4/11 10:30 Volunteer Brunch/JH 3:00 Spinnaker Society Exclusive Preview of The Derfer Healthcare Pavilion	26 Classes same as 4/12 9:00 Election Day/CR 3:00 Grand Re-Opening Derfer Healthcare Pavilion 5:45 Alhambra 7:30 Resident Council Mtg/ Voting Results/JH 5:00 Lakeside Cookout	27 Classes Same as 4/20 5:30 Dinner & Concert/Café 6:00 Baseball Game 7:00 Food for Body & Soul Concert/JH	28 7:30 Rise and Shine/FS 8:15 Cardio Step/FS 9:00 Body Shop/FS 9:30 Fish-A-Thon Hanna 9:45 Aqua Fitness/WC 9:45 Tai Chi/FS 10:30 Chair Yoga/FS 6:00 Masterworks	29 2:00 Movie/JH <i>Florence Foster Jenkins</i> — 2016 - PG -13/CC

**Check out the Fleet Landing App! Go to MYFLEETLANDING.COM or download from the App Store!
Call Rebecca at extension 1395 to get your user id and password or come to a *Become an App Champ!* program!**