

Here on Campus



Mon. July 3, 2pm. CARF Accreditation Celebration! Johnson Hall. Please join Josh Ashby and the staff to Celebrate our Successful CARF Accreditation. **Ice Cream Sundae Bar will Open at 1:30!**

Tues. July 4, 10:30am. Fourth of July Program. Johnson Hall. This year's guest speaker is Stephen Baker, Ph.D. Professor of Political Science, Emeritus, Jacksonville University.

Mon. July 10, 2pm. Health Care News. Johnson Hall. Health Center staff presents *The Differences Between Skilled Nursing and Long Term Care.*



Mon. July 10, 2:30pm. Therapy Presents Balance and Fall Prevention. Johnson Hall.

Thurs. July 13, 3pm. Eventide presents A Patriotic Show. Johnson Hall. Don't miss this moving and uplifting show with a five piece band that honors our Veterans.



Tues. July 18, 10am. Resident Council Meeting. Johnson Hall.

Wed. July 19, 10am. Charitable Giving. Club Room. Please join Director of Charitable Gift Planning, Olivia Bush for an update on the status of philanthropic progress and Charitable Gift initiatives. She will discuss Charitable Gift Annuities and other ways of giving and will be available to answer charitable gift questions.



Wed. July 19, 3pm. An In-Patient Hospitalist Overview with Fleet Landing's Medical Director, Dr. Mark Messinese. Johnson Hall. Join Dr. Messinese as he explains about in-patient hospital care and the role of the Hospitalist.

Thur. July 20, 10am. Caring Connections Breathe Easy. Johnson Hall. Do you have COPD, Emphysema, Pulmonary Fibrosis, Sleep Apnea, Chronic Bronchitis, or Congestive Heart Failure? If so, this is for you! Dewey Beagle, RRT, Respiratory Director, JC Home Medical is the speaker and will answer your questions. If you are a care partner for your loved one or friend please attend, as this is for you too. **Caring Connections is an educational/support group for care partners and for those caring for themselves.**



Thur. July 20, 12pm. Calling All Resident Nurses! Atlantic Room. If you're a nurse you're invited to a luncheon to enjoy each other's company and to celebrate your wonderful careers. One meal credit. RSVP Required by July 14 to Rebecca at extension 1395. Nurses only please.



Thur. July 20, 5pm. Wine Tasting. Club Room. Come and sample some new wines! \$8.00 per person. Call Andrea Davis for more information and to make a reservation for dinner after the tasting.



Wed. July 26, 11am. Acupuncture Demo. Johnson Hall. Always wanted to know more about acupuncture? Don't miss this talk and demonstration with Board Certified Acupuncture Physician Christine Yastrzemski.

Out & About- Sign up Required

⊙ Fri. July 7, 9am. Mayport Tour. Hear the history of Mayport from the comfort of the bus with Driver, Allen Sowder.

⊙⊙ Wed. July 12, 12:15pm. Downtown Jax Tours. Learn the ins and outs of Jax. \$9

⊙ Wed. July 12, 5:45pm. Alhambra. Annie. Call 641-1212 for tickets.

⊙⊙ Thurs. July 20, 5:45pm. Jumbo Shrimp Vs. Tennessee Smokies. Play Ball!!

⊙ Fri. July 21, 9am. Mayport Tour. Hear the history of Mayport from the comfort of the bus with Driver, Allen Sowder.

⊙⊙ Fri. July 28, 11am. Lunch Bunch. Table 1 Casual Cuisine and Wine Bar. Enjoy lunch with your fellow Residents.

Shopping Schedule

⊙⊙⊙ Fri. July 14, 9:30am, The Avenues Mall
Tuesday - 9am, Commissary & Publix
Thursday - 2pm, Commissary & Publix

Church Shuttles

St. John's Catholic 8:30am pick-up
 Fleet Landing Service 9:40am pick-up
 Community Presbyterian 10:30am pick-up

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, uneven terrain, steps or incline. Walkers and wheelchairs are not recommended.



SAMPLE CALENDAR
WELL Inspired

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



Patriotic Parade Coleman Center 8:30am

July 4th Program Johnson Hall 10:30am

July 4th Buffet LakeView 11am-2pm

July 4th Sing-Along Atrium 1pm

Are you Interested in Participating in The Follies This Fall?



Please Join Follies' Director, John Johnson in the Club Room Friday, July 14 at 3pm

Upcoming Events

- Aug. 23/24 AARP Driving Course
- Sept. 20 & 21 at 7pm The Follies
- Sept. 28 Constellation Wine Dinner
- Oct. 6 Military Ball

Health Care News

Monday, July 10 at 2pm
 Johnson Hall
The Difference Between Skilled Nursing and Long Term Care

Eventide Presents A Patriotic Show With their 5 piece Band



Thursday, July 13 3pm Johnson Hall

















Services at Windward Commons

- Jewelry Repair- 8/30 9-4pm
- Mobility Devices- 7/6, 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/AT	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			Sample Calendar		1 2:00 Movie/JH <i>The Patriot</i> – 2000 - R/Closed Captioned
2 Church Shuttles 10:00 Church Service/JH Pastor Hugus 	3 Classes same as 7/5 1:30 Computer Help Desk/TC 1:30 Ice Cream Social/JH 2:00 CARF Accreditation Celebration 5:00 Pub Night/WC	4 No Fitness Classes 8:30 4th of July Parade/CC 10:30 4th of July Program/JH 11:00-2:00 Independence Day Buffet 1:00 Sing-a-long with Steve Chapman/AT  Administrative Offices Closed	5 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 2:00 BarreMat Fusion/FS 3:00 Body Flow/FS	6 8:30 Functional Balance/FS 9:15 Going the Distance/FS 10:15 Yoga/ FS <u>11:00 Mobility Device Clinic/WC</u> 2:00 Balance Mix/FS	7 7:30 Rise and Shine/FS 8:15 Cardio Step/FS 9:00 Mayport Tour 9:00 Body Shop/FS 9:45 Aqua Fitness/Pool 9:45 Tai Chi/FS 10:30 Chair Yoga/FS	8 2:00 Movie/JH <i>Something to Talk About</i> –1995-R/ Closed Captioned
9 Church Shuttles 10:00 Church Service/JH Pastor Hugus	10 Classes same as 7/5 2:00 Health Care News/JH 2:30 Therapy Presents/JH 5:00 Pub Night/WC New Menu/LakeView	11 8:30 Functional Balance/FS 9:15 Going the Distance/FS 10:00 Gentle Aqua/Pool 10:15 Yoga/FS 2:00 Balance Mix/FS 5:00 Happy Hour Birthdays/AT	12 Classes Same as 7/5 12:15 Downtown Jax Tours 2:00 Movie Matinee/JH <i>A Dog's Purpose</i> -2017 - PG/CC 5:45 Alhambra 	13 Classes Same as 7/6 3:00 Eventide Presents A Patriotic Show/JH  	14 7:30 Rise and Shine/FS 8:15 Cardio Step/FS 9:00 Body Shop/FS 9:30 Shopping Avenues 9:45 Aqua Fitness/Pool 9:45 Tai Chi/FS 10:30 Chair Yoga/FS 3:00 Follies Meeting/CR	15 2:00 Movie/JH <i>Spectre</i> –2015 - PG-13/Closed Captioned
16 Church Shuttles 10:00 Church Service/JH Pastor May 	17 Classes same as 7/5 1:30 Computer Help Desk/TC  5:00 Pub Night/WC	18 8:30 Functional Balance/FS 9:15 Going the Distance/FS 10:00 Resident Council/JH 10:00 Gentle Aqua/Pool 10:15 Yoga/FS 11:00 Memory Support Group/SR 2:00 Balance Mix/FS	19 Classes Same as 7/5 10:00 Charitable Giving/CR 11:00 Farmers Market/AT 3:00 Dr. Messinese Presents An In-Patient Hospitalist Overview/JH	20 Classes Same as 7/6 10:00 Caring Connections Breathe Easy/JH  12:00 Calling All Nurses/AR RSVP 1395 5:00 Wine Tasting/CR 5:45 Jumbo Shrimp	21 7:30 Rise and Shine/FS 8:15 Cardio Step/FS 9:00 Mayport Tour 9:00 Body Shop/FS 9:45 Aqua Fitness/Pool 9:45 Tai Chi/FS 10:30 Chair Yoga/FS	22 2:00 Movie/JH <i>Beauty and The Beast</i> – 2017 - PG/ Closed Captioned 
Church Shuttles 23 10:00 Church Service/JH Pastor Hugus Church Shuttles 30 10:00 Church Service/JH	24 Classes Same as 7/26 5:00 Pub Night/WC ~~~~~ Classes Same as 7/26 31 5:00 Pub Night/WC	25 8:30 Functional Balance/FS 9:15 Going the Distance/FS 10:00 Gentle Aqua/Pool 10:15 Yoga/FS 2:00 Balance Mix/FS 	26 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 Acupuncture Demo/JH 2:00 BarreMat Fusion/FS 3:00 Body Flow/FS 	27 8:30 Functional Balance/FS 9:15 Going the Distance/FS 10:15 Yoga/FS 2:00 Balance Mix/FS 	28 Classes Same as 7/21 11:00 Lunch Bunch/ Table 1 - Casual Cuisine & Wine Bar Ponte Vedra	29 2:00 Movie/JH <i>The Man Who Knew Infinity</i> – 2015 - PG-13/ Closed Captioned

**Check out the Fleet Landing App! Go to MYFLEETLANDING.COM or download from the App Store!
Call Rebecca at extension 1395 to request your user id and password.**