

## Important Numbers/Hours

### AFEV Important Telephone Numbers

**Headquarters Main**  
(850) 651-3766

**Bob Hope Village Main**  
(850) 651-2635

**BHV Maintenance**  
(850) 651-8562

**BHV Transportation**  
(850) 651-1555

**Hawthorn House Main**  
(850) 651-3013

### **SECURITY**

**Bob Hope Village Guard Cell**  
(850) 685-2532

If the front desk phone isn't working, please call the guard cell phone listed above.

**EMERGENCY: 911**

### Library Hours

Mon, Wed, Fri 10am-12pm

Mon, Wed, Fri 1pm-3pm  
**(no donations accepted)**

### VA Office Hours

Tues, Thurs 9:30am-2:30pm  
(850) 613-2008 **\*\*NEW\*\***

### Country Store Hours

Tues-Fri 9am-3pm  
Sat 9am-3pm

**(depending upon volunteer participation)**

### Renee's Corner

(Beauty Shop)  
Mon-Fri 9am-4pm  
(850) 613-6791

### **Saturday by Appointment only**

Pebbles (Nail Technician)  
Mon-Fri 10am-2pm  
(205) 790-1076

### **Saturday by Appointment only**

iFalcon provides **FREE** computer support for residents of BHV  
No tips accepted & no hassles. All technicians are military volunteers so schedule will vary. Submit help requests at the Commons Front Desk.

# March 2018 BHV Newsletter



## Contents

- 2
- Policies & Info
- 3
- Maintenance
- 4
- Wellness
- 6
- Clubs/Volunteering
- 7
- Religion
- 8
- Games/Trips
- 9
- Special Events
- 10
- Transportation
- 11
- Birthdays
- 12
- Important Info

May your troubles  
be less,  
and your blessings  
be more,  
and nothing  
but happiness  
come through  
your door!



*Happy St. Patrick's Day*



30 Holly Avenue Shalimar, FL 32579 850-651-2635 www.afev.us

## Policies & Information

### Friendly Reminder...

Daylight saving time begins Sunday, March 11, 2018. Clocks are set forward one hour.

### Thought for the month

"The real art of conversation is not only to say the right thing in the right place but to leave unsaid the wrong thing at the tempting moment." Lady Dorothy Nevill

### Safety Tips

There exists two areas where caution needs to be applied. As guards we have witnessed several near misses when residents fail to stop and look when leaving the village. When you leave from the Holly or Sunset Gate and turn onto the main road, those are very dangerous intersections. Please be careful; take care when you exit the village!

### Farewell

Vesta Caldwell	104-I	Stacie Lee	103-E
Dolores Bass	1110-302	Norm/Ann Norman	1110-301
Andy/Joan Ventimiglia	1130-106	Butch/Yvette Carrier	1130-301

### Welcome

### Transportation Notes

We would like to thank residents that use transportation for their promptness and patience. It has come to our attention that sometimes there are residents not displaying courteous behavior towards one another. We ask that you treat all residents as you wish to be treated. We don't always feel good, but all residents are due respect.

# Happy Birthday

3/1	Joan Nordin	1120-306	3/17	Alice Coffman	203-A
3/2	Ludowika Whittle	401-D	3/17	Patty Saunders	1110-304
3/2	Mary Wood	1130-104	3/19	Dolores Phillips	403-J
3/3	Mary Nardini	201-F	3/24	Arlan Swartwood	102-H
3/4	Maxine Bates	1110-105	3/24	Carlos Gonzalez	302-I
3/5	Sharon Faulkner-Bongers	1130-308	3/25	Joan Horn	402-F
3/6	Camille Phillips	404-K	3/25	Kay Peters	1130-203
3/8	Phyllis Somerder	203-J	3/27	Joe Adams	104-A
3/11	Pauline Cannon	303-N	3/28	Ellen Duggar	402-J
3/12	Ann Moore	1120-201	3/28	Roberta Meyer	301-E
3/13	Paulette Hall	103-C	3/28	Dave Burrill	101-K
3/15	Joan Pratt	104-J	3/29	Judy Woodcock	101-H



3/21 Robbie Young



3/10	Don & Sylvia Duquet	1110-207
3/14	Steve & Dolores Nutbrown	1110-104
3/26	Eric & Debra Kosche	1100-308
3/31	Brian & Jamie Smith	1120-305

DAY	DATE	TIME	LOCATION
Thursday	1-Mar	9:00 AM	Commissary
		1:00 PM	Commissary
Friday	2-Mar	9:00AM	Walmart/Lowes
		1:00 PM	Target/Mall/Dollar Tree
Monday	5-Mar	9:00 AM	Post Office / Bank
		1:00 PM	Publix/Big Lots
Tuesday	6-Mar	9:00 AM	Walmart
		1:00 PM	Hurlburt Commissary
Wednesday	7-Mar	1:00 PM	UpTown Station/Joanns/Kmart
Thursday	8-Mar	9:00 AM	Commissary
		1:00PM	Commissary
Friday	9-Mar	9:00 AM	Walmart
		11:15 AM	McGuires Lunch Trip
Monday	12-Mar	9:00 AM	Post Office / Banks
		1:00PM	Publix/Big Lots
Tuesday	13-Mar	9:00AM	Hurlburt Commissary
		1:00 PM	Walmart
Thursday	15-Mar	9:00 AM	Commissary
		1:00 PM	Commissary
Friday	16-Mar	9:00 AM	Walmart
		1:00 PM	Target/Mall/Dollar Tree
Sunday	18-Mar	4:00 PM	Magnolia Grill Fundraiser
Monday	19-Mar	9:00 AM	Publix/Big Lots
		1:00 PM	Post Office / Banks
Tuesday	20-Mar	9:00 AM	Walmart
		1:00 PM	Hurlburt Commissary
Wednesday	21-Mar	1:00 PM	Kohls/Sun Plaza
Thursday	22-Mar	9:00 AM	Commissary
		1:00 PM	Commissary
Friday	23-Mar	9:00 AM	Walmart
Monday	26-Mar	9:00 AM	Post Office / Banks
		1:00 PM	Publix/Big Lots
Tuesday	27-Mar	9:00 AM	UpTown Station
		1:00 PM	Walmart
Wednesday	28-Mar	11:00 AM	Destin commons Movie/ Lunch Trip
Thursday	29-Mar	9:00 AM	Commissary
		1:00 PM	Commissary
Friday	30-Mar	9:00 AM	Walmart

## Maintenance Notes

### Monthly Update

I think we have finally made a turn when it comes to the weather; that means more critters will be out looking to play, as well as for FOOD! Please refrain from feeding the animals, they will continue to come back for more.

### Lawn Care

Beginning this month, Advanced Lawn Care will be out here weekly. Don't hesitate to let me know if a bush did not get trimmed; grass is not getting blown off the patios; or anything else related to landscaping. The campus is looking fantastic!!! Thank you all for your patience during the annual fire alarm and sprinkler inspection!

## Honey-Do & Adopt-A-Wing

Requests are completed in the date/order received and if not completed, will be carried over to the next volunteer visit. Contact maintenance @ 651-8562 to submit a request or submit the request in the boxes at the laundry rooms.

Our next Honey Do Day is Saturday, March 17, 2018 8-12PM

### Adopt-a-Wing Schedule

3/8	Wing 104	8-12AM
3/14	Wing 202	8-12AM
3/17	Wing 103	8:30-12:30PM

Dates are subject to cancellation and/or rescheduling. Dates will be added. Check with Lisa for more information.

## Wellness

A note from Wellness...

March is National Nutrition Month.

**Get a good start on your journey to a healthy month by taking this Nutrition Quiz! (Answers at bottom of next page)**

1. What is the maximum amount of caffeine that can be in “decaffeinated” coffee?
  - a. 10% b. 3% c. 1% d. 0
2. One pound = \_\_\_\_\_ calories.
  - a. 400 b. 3500 c. 1000
3. How many hours does it take for food to be broken down in the human stomach?
  - a. 8 hours b. 5 hours c. 3 hours d. 30 minutes

## Dates to Remember

March 20th we will “Spring into Wellness”

**As construction continues on our new facility, we are going to start building the new wellness program. We are going to kick off with a 2018 AFEV Wellness Challenge (more info to come) plus the addition of two new groups to the exercise calendar. We will walk together as a team to show our enthusiasm for your health. We invite staff and residents to meet at the BHV Commons building Tuesday, March 20 at 9AM.**



## Special Events

**BHV Movie Night (BR) March 5 5PM**

Come join us for a special viewing of Darkest Hour: An inspiring true story of Prime Minister of Great Britain, Winston Churchill, facing one of his most turbulent and defining trials.

Refreshments provided.

**Irish Dance Studio Performance (BR) March 14 6:30PM**

The Irish Dance Studio of FWB will do a special St. Patrick’s Day performance at the village. Snacks & green drinks provided.

**Dancing Divas Performance (BR) March 23 2PM**

The Dancing Divas of the Red Hat Tribe will be here to perform Cabaret style belly dance & Interpretive dance.

**Women’s History Luncheon (BR) March 29 11AM \$10**

Eglin AFB members will be hosting a luncheon to recognize Women’s History. Comments from the 96TW Commander and one of our own Women Veterans.

**AARP Tax Aide**

It’s tax time again! AARP will be here to assist you. If you need tax assistance, please sign up at the front desk.

**DATES**  
**March**  
 2, 9, 16, 23, 30  
**April**  
 6, 13

**You will need to bring prior year tax return and all documentation (photo ID & SS Card) the day of appointment. Pick up Form 13614-C**

**AARP**™ Tax-Aide™  
 FOUNDATION

## Bingo

Monthly Bingo 1st Sunday of the month is postponed until end of construction  
 Tuesday Night Bingo (BR): 6PM

Cost \$7.75

## Movies

Every weekend on channel 1962

March is Women's History Month. Join us in celebrating with a month of movies featuring strong women based on true stories.

Hidden Figures March 2, 3, 4




Amelia March 9, 10, 11


The Queen March 16, 17, 18

Calendar Girls March 23, 24, 25


The Iron Lady March 30, 31, April 1

## Trips

 = Minimal Walking     = Moderate Walking     = Heavy Walking

McGuire's Lunch Trip \$3   
 March 9 11:15AM

Silver Slipper Casino Trip \$30   
 March 12 12PM

Destin Commons Movie/Shopping Trip \$3   
 March 28 11AM

Sign up for trips & events at the BHV Front Desk



## Classes

Chair Yoga (GYM): Tuesday & Thursday 8AM  
 Exercise Classes (GYM): Monday, Wednesday, Friday 9AM  
 Hula Lessons (GYM): Saturday 10AM  
 Line Dancing *Advanced* (GYM): Monday 11AM  
 Line Dancing *Beginner* (GYM): Monday 12PM  
 Tai Chi *Standing* (BR): Tuesday 9:30AM  
 Tai Chi *Sitting* (BR): Thursday 9:30AM  
 Village 5 Exercise Class: Monday-Friday 8AM  
 Zumba Gold (GYM): Wednesday 11AM

Blood Pressure Checks (SR): Wednesday 10AM



## New to Wellness

Starting March 21st the Walking Club and Bike Club begin  
 Walking Club (Commons): Monday, Wednesday, Friday 10AM  
 Bike Club (Commons): Tuesday, Thursday 10:30AM

Book Club (SR): 3rd Wednesday 12PM  
 Trail Blazers (next to Maintenance Building): Tuesday 9AM

Answer Key:  
 1. B; 2. B; 3. C

## Clubs & Groups

If you're looking to live a long and healthy life, start surrounding yourself with good friends. People with social relationships live 50% longer than people who are more socially isolated. Friends can not only help you deal with stress and act as a buffer to its effects, but they can also encourage you to take better care of yourself.

- British Wives Club (V2 Lounge): 1st & 3rd Thursday 2PM**
- Grief Support Group (SR): 1st & 3rd Friday 11AM**
- Learn to Crochet (SR): Tuesday 10AM**
- Making Mats for the Homeless (SR): Monday 10AM**
- Women Veterans Club (BR): 3rd Monday 10:30AM**

## Car Checks

Starting March 5th (weather permitting) 8:30am-10:30am  
(Parking lot behind Commons) : 1st Monday of month  
No maintenance will be performed on the vehicle except for topping off fluids & checking tires. There will be a vacuum available. For more info please contact Harry Smith @ 737-0200

## Volunteer Opportunities

- Bingo is looking for new Cashier Volunteers  
Tuesdays 5:30PM**
- BHV General Store is looking for volunteers  
Contact Julie with inquiries: 850-651-2635**

## Dolores Hope All Faiths Chapel

### Protestant

**Chaplain Beth Bateson: 740-438-9790**

- Bible Study (GATES): Sunday 9:30AM**
- Church Service: Sunday 11AM**
- Bible Study (V5 Clubhouse): Tuesday 2PM**
- Holy Thursday Service: March 29 1PM**
- Good Friday Service: March 30 1PM**

### Catholic

**Father Toledo: 850-678-7429**

- Mass: Saturday 4:30PM**
- Holy Thursday Mass: March 29 4:30PM**
- Good Friday Mass: March 30 4:30PM**

### Other Services

- Rosary (HH): Tuesday 10AM**
- Episcopal Eucharist (HH): 1st Friday of month 10AM**

## Dates to Remember

### Jewish Holidays

- March 1 & 2: Purim**
- March 30: Passover begins at sunset**

### Christian Holidays

- March 25: Palm Sunday**
- March 30: Good Friday**

