

# ABERDEEN Gazette

YOUR COMMUNITY NEWSLETTER

FEBRUARY / 2018



## Office Hours:

Monday - Office Closed  
Tues thru Friday 9am-5pm  
Sat & Sun -10am-6pm

## Pool

The Pool opens 30 minutes after sunrise and closes 30 minutes prior to sunset.

## Fitness Center

Mon thru Sun: 5 am -10 pm

## February is Heart Health Month

Chances are, we all know someone affected by heart disease and stroke, because about 2,200 Americans die of cardiovascular disease each day. That's an average of one death every 40 seconds. But together we can change that!

**National Wear Red Day® is Friday, February 2, 2018! --** Wear red to raise awareness about cardiovascular disease and save lives.

The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your

diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.

Check out these great resources to improve your heart health:

### **Prevention:**

<https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/live-healthy/prevent-heart-disease/>

### **Stress Management:**

[https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/live-healthy/stress\\_management/](https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/live-healthy/stress_management/)

### **Grocery Store Tips:**

<https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/live-healthy/choosing-heart-healthy-groceries/>

**Sign up for the newsletter please email us:  
amenitycenter@aberdeen.comcastbiz.net**

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## **Submit your stories.**

Contribute to you neighborhood magazine!  
This newsletter is compiled for the Aberdeen Communities by  
Aberdeen recreation and administration staff. If you would like to  
offer content for publication, here is how:

Stories/Photography:

Send your articles and/or high resolution JPEGs to:

[amenitycnet@aberdeen.comcast.biz.net](mailto:amenitycnet@aberdeen.comcast.biz.net).

Articles must be submitted as Microsoft Word documents. All images  
must be submitted as attachments. Do not embed images into Word  
documents or into the body of the email.

Newsletter Editor: Kathy Sargent  
ksargent@vestapropertyservices.com



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Contact the  
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# Keep in touch!

## Facebook

Be sure to check us out on our Residents of Aberdeen St Johns Florida or Aberdeen Amenity Center Facebook Pages. On these pages we will post event reminders, event changes and community news.

Just a reminder...

As we continue to have a lot of new neighbors move into Aberdeen and join our page, we would first like to welcome you to Aberdeen and remind everyone that we are a friendly neighborhood and our Facebook page should reflect that. Be kind.

The Aberdeen neighborhood page is for sharing community information and updates for the Aberdeen community. This includes posts such as Amenity Center programs or activities, neighborhood and security issues, HOA & ARC questions/concerns, CDD meetings and updates, school/School Board updates, questions related to our neighborhood and lost pets.

For sale items and/or goods or services and personal small business advertisements should **NOT** be posted here and will be removed. Please use Aberdeen Swip –Swap or Aberdeen Small Business for those types of posts. Thank you for your cooperation.

Follow us on Facebook at Aberdeen Amenity Center  
Or on Twitter @AberdeenCDD



## Meetings

The Board of Supervisors of the Aberdeen Community Development District will hold their regularly scheduled public meetings for Fiscal Year 2018 at 4:00pm at the Aberdeen Amenity Center, 110 Flower of Scotland Avenue, Saint Johns, Florida 32259 on the fourth Tuesday of each month unless otherwise noted:

February 27, 2018

## Website

Please visit our community website at : [www.aberdeencdd.com](http://www.aberdeencdd.com). This site is the most convenient way for residents to keep in touch with what is going on in the community.

Please see the site for the following information:

Calendar of Events  
CDD Budgets and Meeting Minutes

Room Rental Application Forms  
And so much more!



More ad opportunities...  
See details  
Below.

*Life is all about Balance*



Wednesdays at Aberdeen  
7PM | \$5

Yoga practice for all levels where the focus is on safe alignment, breath awareness, muscle lengthening and stress relief.

Beginners and all levels are welcome. This class is great for all ages and skill levels. There will be modifications to suit all ability and fitness levels. Dress comfortably & bring a yoga mat, water and a towel.

Certified Yoga Instructor  
Marcia Sarpi  
e-mail: [marciasarpi@hotmail.com](mailto:marciasarpi@hotmail.com)



## Monday & Friday Nights



Join instructor Marta for a great Latin-style dance fitness class. All levels welcome, so bring your water and get ready to sweat.

Music on



World off



Just dance



\$5/class



ZUMBA  
fitness

6:30 p.m.

Aberdeen Amenity Center | 110 Flower of Scotland | Saint Johns Florida



We would like to extend our thanks to Greenstone for supporting our Special Events here at Aberdeen. Their generous support makes possible and enhances our Special Events.

We look forward to more great collaborations in the future.

Stay tuned for some great upcoming events here in Aberdeen...

Memorial Weekend Luau  
Easter Bunny Visits  
Mother's Day Mini Mall  
Father's Day Fun  
AND MORE!

Upcoming  
**COMMUNITY  
EVENTS**



### Garage Sale

It is time to clean out those attics and clear out those garages! The Aberdeen Community Garage Sale is coming Saturday, March 10th from 8:00am - 1:00pm



Haven Hospice will be at the Amenity Center beginning at noon to receive your donations. If you have a large item that you cannot transport, please call the office at 904.217.0295, and Haven Hospice will stop by and pick it up.



*Friday*

**February 23rd**

**7PM**

**at the Amenity Center**

**We will be having another  
team trivia night.**

**Teams can be 3-4 players  
Participants are asked to gather**

**a team of no more than  
4 people and register their team  
name on our sign-up page.**

**Registration is \$5 per team.  
This registration fee will allow  
us to have a 50/50 raffle at the  
conclusion of the evening.**

**To accommodate the teams we  
will also be hosting a Kids Night  
in the Social Hall; \$10 for the  
1st child, \$5 each additional  
child. Space is limited.**

**TRIVIA  
NIGHT**



**PRIZES**

*To sign up for Trivia Night, click on the link below:*

*<http://www.signupgenius.com/go/20f0e49a5ac28a1fd0-february>*

# FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10am-12pm Men's Social Coffee Meeting 7-8:30pm Women's Craft Night	2 6:30-7:30pm Zumba	3 9:00-10:00am G.O.Y.A (AB Lot) 10-2 pm Social Hall Clark, M
4 6-10:00pm Social Hall Pace	5 Office CLOSED 6:30-7:30 Zumba	6 10am-12pm Senior Women's Coffee Social	7 7:00pm Yoga	8 10am-12pm Men's Social Coffee Meeting 6:30pm Greenstone Mtg	9 6:30-7:30pm Zumba	10 9:30a - 12p Book Sale - Bartram Trail Branch Library 10-2 pm Social Hall-Johnson
11	12 Office CLOSED 6:30-7:30 Zumba	13 10am-12pm Senior Women's Coffee Social	14 9:30-10:30am Storytime 7:00pm Yoga	15 10am-12pm Men's Social Coffee Meeting 6:30pm Bunco	16 5-8pm Food Truck Friday 6:30-7:30pm Zumba	17 2-6:00pm Social Hall Monsalud
18 2-6:00pm Social Hall Pucci	19 Office CLOSED 6:30-7:30 Zumba	20 10am-12pm Senior Women's Coffee Social 7:00pm Aberdeen Stitchers	21 7:00pm Wonderful Wine Wednesday 7:00pm Yoga	22 10am-12pm Men's Social Coffee Meeting	23 6:30-7:30pm Zumba 7:00pm Trivia Night	24 9:00-10:00am G.O.Y.A (AB Lot) 2-6:00pm Social Hall Clark 6-10pm Social Hall Ard
25	26 Office CLOSED 6:30-7:30 Zumba	27 10am-12pm Senior Women's Coffee Social 4:00pm CDD Meeting	28 6:00pm INF Meeting 7:00pm Yoga			



Swim season is just around the corner, and Vesta Property Services is looking for energetic, responsible and dependable lifeguards who are at least 16 years old or older to apply for positions in your area.

**Requirements are:**

- Must be able to swim 500 meters, which is 10 laps or 20 lengths of a regulation pool using free style or breast stroke or combination of both.
- Be able to tread water for 2 minutes, legs only.
- Employment is contingent upon passing all pre-screening elements; drug test and background check. You must also successfully complete your CPR, first aid, and lifeguard certification course.
- Must bring a good attitude, good communication skills to interact with the residents and a smiling face to each and every shift you are scheduled to work.

**Certification:**

All Lifeguards must be Red Cross certified. The cost of certification course is \$200.00. The certificate is valid for two years.

**For more information and to register for certification classes online, go to:**

*<http://vestainternetservices.com/recreationalservices/products-page/lifeguardreg/lifeguard-certification/>*

**Or, for more questions, please email:**

*[Lifeguard@vestapropertyservices.com](mailto:Lifeguard@vestapropertyservices.com)*



# Aberdeen Storytime

The second Wednesday of each month from  
9:30 - 10:30 am  
at the Aberdeen Amenity Center



February 14th: Join us each month for an hour of Storytime and fun.  
Bring the little ones to the Amenity Center for an hour dedicated to them.  
Great stories and activities for Aberdeens littlest residents.

## Women's Craft Night

1st Thursday of each month  
from 7 - 8:30 pm  
at the Amenity Center  
This month: February 1st  
All skill levels are welcome!



**Food Truck Friday**  
**February 16th**  
**5-8pm**



More ad  
opportunities...  
See details  
below.

# February Pool Closing Times

as per the  
**FLORIDA DEPARTMENT OF HEALTH**  
**Rule# 64E-9.008**  
St Johns, Florida, USA

DAY	DATE	SUNRISE	POOL OPEN	SUNSET	POOL CLOSE
Thursday	1-Feb-18	7:16 AM	7:46 AM	6:02 PM	5:32 PM
Friday	2-Feb-18	7:15 AM	7:45 AM	6:03 PM	5:33 PM
Saturday	3-Feb-18	7:14 AM	7:44 AM	6:04 PM	5:34 PM
Sunday	4-Feb-18	7:14 AM	7:44 AM	6:04 PM	5:34 PM
Monday	5-Feb-18	7:13 AM	7:43 AM	6:05 PM	5:35 PM
Tuesday	6-Feb-18	7:12 AM	7:42 AM	6:06 PM	5:36 PM
Wednesday	7-Feb-18	7:12 AM	7:42 AM	6:07 PM	5:37 PM
Thursday	8-Feb-18	7:11 AM	7:41 AM	6:08 PM	5:38 PM
Friday	9-Feb-18	7:10 AM	7:40 AM	6:09 PM	5:39 PM
Saturday	10-Feb-18	7:09 AM	7:39 AM	6:09 PM	5:39 PM
Sunday	11-Feb-18	7:09 AM	7:39 AM	6:10 PM	5:40 PM
Monday	12-Feb-18	7:08 AM	7:38 AM	6:11 PM	5:41 PM
Tuesday	13-Feb-18	7:07 AM	7:37 AM	6:12 PM	5:42 PM
Wednesday	14-Feb-18	7:06 AM	7:36 AM	6:13 PM	5:43 PM
Thursday	15-Feb-18	7:05 AM	7:35 AM	6:13 PM	5:43 PM
Friday	16-Feb-18	7:04 AM	7:34 AM	6:14 PM	5:44 PM
Saturday	17-Feb-18	7:04 AM	7:34 AM	6:15 PM	5:45 PM
Sunday	18-Feb-18	7:03 AM	7:33 AM	6:16 PM	5:46 PM
Monday	19-Feb-18	7:02 AM	7:32 AM	6:16 PM	5:46 PM
Tuesday	20-Feb-18	7:01 AM	7:31 AM	6:17 PM	5:47 PM
Wednesday	21-Feb-18	7:00 AM	7:30 AM	6:18 PM	5:48 PM
Thursday	22-Feb-18	6:59 AM	7:29 AM	6:19 PM	5:49 PM
Friday	23-Feb-18	6:58 AM	7:28 AM	6:19 PM	5:49 PM
Saturday	24-Feb-18	6:57 AM	7:27 AM	6:20 PM	5:50 PM
Sunday	25-Feb-18	6:56 AM	7:26 AM	6:21 PM	5:51 PM
Monday	26-Feb-18	6:55 AM	7:25 AM	6:22 PM	5:52 PM
Tuesday	27-Feb-18	6:54 AM	7:24 AM	6:22 PM	5:52 PM
Wednesday	28-Feb-18	6:53 AM	7:23 AM	6:23 PM	5:53 PM

# ADVERTISE WITH LIS

*Aberdeen is a community that cares!  
Providing local businesses a connection with our  
residents through affordable advertising.*

**All prices are for a three month package.**

- \$90 for a full page ad,
- \$45 for a 1/2 page
- \$35 for a 1/4 page ad.

**Note:**

- Must receive your Ad by the 20th of each month to be included in the next month's newsletter.
- Advertisers are responsible for supplying all advertising information and electronic publications.
- Advertisements are purchased in a three month package.
- Spaces are limited to a first come first serve basis.



**Sign up at the Amenity Office:  
110 Flower of Scotland Avenue  
St. Johns, FL 32259**

**Hours**

Monday - Office Closed  
Tuesday - Friday 9am-5pm  
Sat & Sun -10am-6pm

904-217-0295

Email:

[amenitycenter@aberdeen@comcastbiz.net](mailto:amenitycenter@aberdeen@comcastbiz.net)