

Dining Venues
BDR Bay Dining Room
BOG Back of Grill
OTG Oak Tree Grill
SC Sandhill Cranes
SHV Sandhill Veranda
SP The Scoop
TTL Tree Top Lounge
Lester R. Barker Center
AUD Auditorium
BC Barker Center
BCD Barker Center Deck
BR Board Room
CL Card Lounge
MR Music Room
PP Ping Pong Room
Other Venues
BIL Billiards Room
CH Chapel
CD Communications Desk
CAR Creative Arts Room
FC Fitness Center
GP Gathering Place
GS Corner Gift Shop
LFV Lake Fountain Vista
MO Majestic Oaks
MRL Main Reception Lobby
OP Oak Park
OVS Oak View Suites
PC Potpourri Corner
GP Gathering Place
TS The Studio
MC Main Reception Clinic
Outside Venues
CB Central Bark Dog Park
PAV Pavilion
SS Sportsplex
Jerry Jaques Clubhouse
BL Bistro Lounge
MPR Multi-Purpose Room
PB Pickleball Courts
PD Pool Deck
PS Pro Shop
CBR Clubhouse Conference Room
CFC Clubhouse Fitness Center
CYS Clubhouse Yoga Studio
JJC Clubhouse
JJP Clubhouse Pool
JJR JJ's Restaurant

C Portal Help: X1202
Email: JKvhel1@gmail.com

JKV Portal:
www.community.cubigo.com

IMPORTANT PHONE NUMBERS
386-775-3840

Intra-Village
Transportation X5000
Security X8014 (or 0 after
5 p.m., weekends & holidays)
Resident Services X1202

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All content submitted for any John Knox Village publication including, but not limited to *Village Life*, *Village Weekly*, and *Knox TV* are subject to editing for grammar, spelling, punctuation, length, content, and style by the publication's editor. If major corrections to content and style are made, the article will be returned to the author for approval. Corrections made to length, grammar, spelling, and punctuation will not be returned for approval by the author.

Knox-TV - Sentrics Channel 5:

All LIVE programs such as Chat with Joe and Coffee With will replay on the following Friday, Monday, and Wednesday at 3 p.m. after its original air date.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 a.m.		Exercise Video					
11 a.m.		Balance & Stretch	Tai Chi	Balance & Stretch	Tai Chi	Balance & Stretch	
1 p.m.			Fitness Dancing		Fitness Dancing		
2 p.m.		Sr. Fitness with Talina					
6:45 p.m.	Vespers (L)						

JKV Fitness

February is National Heart Month, a great time to focus on strengthening your cardiovascular health. Residents are encouraged to participate in 28 days of aerobic activity, such as dance fitness, DrumFit, line dancing, or the 1,000 Mile Club, where you can track the miles you walk each day.

Additionally, the Fitness Equipment Challenge will take place February 2 through February 28. Each time you visit either fitness center, please be sure to sign in to receive credit. The resident who signs in and uses the fitness equipment most frequently during the challenge will win a prize.

If you have never used the fitness equipment before, this may be a great opportunity to schedule an appointment with Talina to create a personalized fitness plan. Even a few minutes on a few machines can make a meaningful difference—those minutes add up and contribute to long-term health benefits.

We encourage you to get up and get moving. It is never too late to start.

Ping-Pong

Ping-pong is great for hand-eye coordination and mental focus. Join us every Saturday morning at 8:30 a.m. in the Barker Center Ping-Pong room for some healthy fun. There are plenty of extra paddles on hand.

Support Groups

Parkinson's Support

Tuesday, February 3, 2 p.m. BR

Grief Support

Tuesday, February 10, 2 p.m. BDR

Caregiver Support

Tuesday, February 17, 2 p.m. BDR

Memory Impairment Support:

Tuesday, February 24, 2 p.m. BR

Chronic Pain & Fatigue Support:

Tuesday, February 24, 1 p.m. BR

Diabetes Support

Thursday, April 23, 2 p.m. LFV

Visually Impaired Support

Monday, April 27, 2 p.m. BDR

For inquiries on the Support Groups contact: Sarah Tracey X2707

JKV Library

Check This Out: Some authors write romances, some write thrillers, some write life stories. And some of our authors write all three (and more). Since your JKV Library has separated Mysteries and Westerns out from general fiction to make it easier for lovers of those genres, that means the authors that write different types of books can be found in different places. For example, James Patterson has books in Mystery (of course), but he also has books in Fiction, Biography, and Nonfiction. So if you have favorite authors you might find them in more than one place! Your JKV Library online catalog or one of our very helpful volunteers can help.

Spiritual Life Library

For the month of February the Spiritual Life Library is featuring commentaries on the book of Revelation. Come check them out.

Saturday 1 p.m. Movie Matinees

February 7 - Glenn Miller Story

February 14 - Sleepless In Seattle

If you have to cancel any performances or any purchased events after the deadline date, please contact Resident Services at X1202. Tickets are ordered on the deadline date and are non-refundable. You will be charged for the ticket on or within two business days of the deadline date. Bus charges will only be charged after the event. You are responsible for your ticket unless a wait list resident agrees to take the ticket. Ticket prices are subject to change. If you are not at the Barker Center prior to the departure time (recommended 10 minutes prior), the bus will not wait. The Resident Services department will send an email or make a phone call reminder approximately 24-48 business hours prior to the event. All ticket prices include transportation. Special request or accommodations need to be included upon sign up.

Village Weekly

February 1 - 7, 2026



**John Knox Village
of Central Florida**

What's Happening This Week?

Sunday, February 1

- 4 p.m. PB Pickleball
- 6:45 p.m. AUD Vespers
Speaker: Dr. Mark Winkler
Music: Vespers Choir,
Reggie May, Bonnie Biedermann,
and Kathy Hinckley

Monday, February 2

- 8 a.m. TC JKV Tennis - All levels are welcome!
- 9 a.m. SS Shuffleboard
- 9:30 a.m. AUD Beginner Line Dancing
- 10 a.m. - 11:30 a.m. AUD Line Dancing
- 10:30 a.m. - 12 p.m. PC Spiritual Deepening
- 11:30 a.m. BDR Let's Get Together Table
- 1 p.m. CL Duplicate Bridge
- 2 p.m. TS Gary Sisco's Fine Arts Oil Painting - beginners to advanced. Individualized instruction \$10 (quarterly)
- 4:30 p.m. TTL Melodies on the Keys with Phyllis Dale
- 7 p.m. AUD Sheila and the Sound \$5

Wednesday, February 4 - CONTINUED

- 10 a.m. AUD Butterfly Lady - Sea Turtles
- 10 a.m. PP Ladies' Ping Pong
- 11:15 a.m. MPR Ladies Luncheon \$16.95
- 1 p.m. AUD Bible Study
- 1 p.m. CL Hand, Knee, & Foot - New players welcome
- 3 p.m. AUD Vespers Choir Practice
- 4 p.m. PB Pickleball
- 4:30 p.m. TTL Music with Joel
- 7 p.m. AUD BINGO Night

Thursday, February 5

- 8 a.m. PB Pickleball
- 8:30 a.m. PP Men's Ping-Pong
- 9 a.m. BIL Ladies' Billiards
- 9 a.m. CYS Tai Chi
- 9 a.m. BUS Shopping - Call X3400 to sign up
- 9 a.m. TS Knitters and Stitchers
- 1 p.m. CL Mah Jongg
- 2:30 CFC Move to Motion
- 4:30 p.m. TTL Phyllis Dale & Friends

Friday, February 6

National Wear Red Day

- 8 a.m. TC JKV Tennis - All levels are welcome!
- 9 a.m. SS Shuffleboard
- 9:30 a.m. CL Samba
- 10 a.m. SS Croquet
- 1 p.m. TTL Sunshine Singers
- 1 p.m. CL Cribbage - New players welcome
- 7 p.m. AUD Merrie Melodies presented by Rick Kissinger \$10

Saturday, February 7

- 8 a.m. PB Pickleball
- 8:30 a.m. CL Eyeglass Adjustments
- 8:30 a.m. PP Ping-Pong
- 9:30 a.m. BUS Botanical Garden Tour at Sanford Zoo \$5 (\$5 for tickets upon arrival at the zoo)
- 11 a.m. CH Catholic Holy Rosary
- 1 p.m. BUS The Cottage presented at Icehouse Theatre \$34
- 1 p.m. AUD Saturday Movie Matinee - *Glenn Miller Story*
- 4:30 p.m. TTL Phyllis Dale and Friends

LILI'S DID YOU KNOW?

February focuses on American Heart Health and Senior Independence. Caring for your heart and maintaining independence support strength, confidence and quality of life as we age.

Ad Valorem - Part Two

Please fill out the Ad Valorem Part-2 insert and return it to either the reception office at Oak Park or in the Administration safe at Oak View Suites Reception.

Wednesday, February 4

- 8-9 a.m. CH Weekly Prayer Time
- 9 a.m. - 4 p.m. MC Hearing Aid Specialist - X2710
- 9:30 a.m. TS Card Making with Liz \$3 (cash paid to instructor)

Events & Activities

Please note: You will be charged for the in-house cost of activities if you cancel anytime after 12 p.m. the day before the event. Registration for new events opens the following Monday after distribution at 9 a.m. on Cubigo.

NFL Superbowl Party

Sunday, February 8, 6 p.m. AUD \$12

Get ready for the biggest game of the year! Join us for an exciting Super Bowl Watch Party featuring the game shown on the big screen. Enjoy the action, cheer on your favorite team, and indulge in a delicious spread of heavy hors d'oeuvres. Whether you're in it for the football, the commercials, or the food, this is a game-day celebration you won't want to miss. Wear your team colors and bring your Super Bowl spirit! Menu can be found on the back of the *Weekly Menu*. Join Freddie and others as you predict the winner of the game.

Poetry & Prose

Monday, February 9, 12:30 p.m. LFV

AdventHealth Presents Cardiology Services

Monday, February 9, 2 p.m. AUD

Great Decisions brought to you by Rita Lucey

Tuesday, February 10, 1 p.m. AUD **FREE**

Join Rita over the next 8 weeks as she provides the Great Decisions series followed by a discussion on the current week's topic. The topics include: Ruptured Alliances and the Risk of Nuclear Proliferation, Ukraine and the Future of European Security, Multilateral Institutions in a Changing World Order, U.S. Engagement of Africa, and The Future of Human Rights and International Law. The Foreign Policy Association has been around for over 100 years and serves as a catalyst for developing awareness, understanding, and informed opinions on U.S foreign policy and global issues.

An Evening of Celebration

Tuesday, February 10, 4:30 p.m. MPR \$17.25

Menu can be found on the back of the *Weekly Menu*. Music brought to you by Phyllis Dale. If you have a group that you'd like to sit with, contact Resident Services at residentservices@johnknox.com after signing up on Cubigo.

Nature Walkers

Wednesday, February 11, 9:30 a.m. BUS \$3

Join the group as they head to the Gillespie Museum in DeLand (\$2.50 cash paid to host for museum entrance) then lunch at Sakura Buffet also in DeLand.

Vietnam Re-Revisited with Charles Molenda

Thursday, February 12, 10 a.m. AUD

Chuck spent eight years in the U.S. Army, the last five as an Army Aviator. He served in Turkey, Germany (twice), and Vietnam. He'll share with you his experiences and take on an actual town of missions flown over Laos and North Vietnam.

Digital Drop-In with JKV IT

Thursday, February 12, 2 p.m. MPR

Need help with your tablet, phone, or other electronics? Our JKV IT is here to help.

Mona Lisa Tribe with Tabitha Meeks

Thursday, February 12, 7 p.m. AUD \$5

Tabitha Meeks' feel good throwback music will make you bop your head, tap your toes and feel empowered all at once. Her piano solos and live shows are unmatched in fun vintage energy, and her catchy light-hearted songs will be stuck in your head for days.

Valentine's Day Dance with music by Classic Jamz

Saturday, February 14, 7 p.m. AUD \$15

Celebrate love, laughter, and great music at our Valentine's Day Dance! Enjoy an evening of dancing to the smooth, upbeat sounds of Classic Jamz, setting the perfect mood for a night to remember. Indulge in a delicious selection of heavy hors

CONTINUED: d'oeuvres while spending time with friends, partners, and fellow residents. Whether you're dancing the night away or simply enjoying the atmosphere, this festive evening is sure to be full of heart and fun.

Craft Project - Flower Arranging

Monday, February 16, 10 a.m. TS \$5

Whether you're a beginner or have some experience, this hands-on class offers a relaxing and enjoyable opportunity to create a beautiful arrangement to take home. Come unwind, learn a new skill, and let your creativity blossom.

GATs Lunch Outing

Monday, February 16, 11:30 a.m. BUS \$5

The group will be having lunch at Pisco Peruvian Gastrobar in Lake Mary.

Da Vinci Jazz Entertainment

Monday, February 16, 7 p.m. AUD **FREE**

New! Westminster Academy Choir and Band Performance

Tuesday, February 17, 11 a.m. AUD **FREE**

The Band program at Westminster Academy in Fort Lauderdale fosters artistic excellence and spiritual growth. Beginning in grade six, students can develop their musical talents through lessons in instruments, music theory, and ensemble performance. Students learn a variety of instruments, perform in concerts, and compete in events. The choir program with general music and chorus classes, students are introduced to the joy of singing. As they progress, vocal instruction continues with various levels of chorus from 6th through 12th grade to cater to different skill sets.

Men's Lunch Bunch

Tuesday, February 17, 11:30 a.m. PD \$16

Menu is available on the *Weekly Menu*.

DIY Pizza Party CANCELED

Tuesday, February 17, 4:30 p.m. MPR \$16

New! **Fat Tuesday - Mardi Gras Celebration**
Tuesday, February 17, 4:30 p.m. MPR \$16
Celebrate the final night of Carnival with a delicious Cajun-inspired menu, music, and classic Mardi Gras vibes. Dress in your purple, green, and gold, grab some beads, and enjoy an evening of food, fun, and fellowship as we bring a taste of New Orleans right to JKV. Laissez les bons temps rouler!

Chef's Table

Wednesday, February 18, 4:30 p.m. JJ's \$50

FLiCRA Presents Sheriff Chitwood

Thursday, February 19, 10 a.m. AUD

FLiCRA presents Sheriff Mike Chitwood to speak about current topics, including Scams, flooding and any newsworthy information from the Sheriff's Office. He will entertain a few questions as well.

The Florida History Group Presents

Lisa Browning from Stetson Mansion

Thursday, February 19, 1 p.m. AUD

Blue Bamboo Center for the Arts in Winter Park

Thursday, February 19, 7 p.m. BUS \$5

Free admission at Blue Bamboo Center for the Arts! Featuring Paul Parker on drums, Doug Mathews on bass, Ed Krout on keyboards, and Dan Jordan on sax and flute. The band will open the night with a concert set, which is then followed by a jazz jam session. Musicians, bring your instruments and your favorite jazz standard and sit in!

Due to limited space in the Village Weekly, majority of the information on events/activities can be found on Cubigo with detailed information, pictures, and even links about our events and activities. Just head to the Activities Cube, and select the Event Calendar.

Parks and Lunch

Friday, February 20, 9:30 a.m. BUS \$5

Heading to Sanford, the group will be walking the Sanford River Walk and then enjoy lunch at St. John's Steak and Seafood also in Sanford.

Stone Lotus Entertainment

Friday, February 20, 7 p.m. AUD \$5

Stone Lotus has been performing since 2018. They play a variety of music including classic rock, dance, and a touch of country which includes songs from the 60s-90s. Mark Kruger as the lead guitar and vocalist, Michael Maddanna on bass guitar and vocals, Irene Wertley as their lead vocalist, Don Jensen playing the keyboard, and Charles Schuchmann on drums. Their goal is to entertain and make it worthwhile to enjoy a night out experiencing live music.

Love Your Pet Social

Saturday, February 21, 11 a.m. CB \$12

Lunch will include assorted croissant sandwiches, fresh fruit, assorted cookies, and special homemade treats for your four legged valentine.

Mt. Dora Scottish Festival

Sunday, February 22, 12 p.m. BUS \$5

Celebrate Scottish culture in Mount Dora with bagpipers, highland athletes, Celtic music, dancing, society and heritage village and much more! Featuring musical guests: Albannach, The Harp Twins, Tom Keefer, Sean Heely, Celtica Nova & more! Sponsored by Guinness, Discover Lake, WJRR 101.1, and Real Radio 104.1.

Taylor Road Band

Monday, February 23, 7 p.m. AUD \$5

Taylor Road Band is a five-member band playing a large variety of songs. Members include: Ray M. - Lead vocals and bass, Dennis C. - Lead vocals and keyboards, Rob L - Lead guitar and vocals, Barry K. Drums and vocals, Tina F. - Lead Vocals, and Keith G. - Saxophone.

LILI Presentation brought to you by AARP

Monday, February 23, 2 p.m. AUD **FREE - RESCHEDULED**

LILI presents AARP's Brain Health -

Dr. Meryl Baker will share what you need to know as you age.

Wine Tasting

Tuesday, February 24, 4 p.m. MPR \$10

Coffee With Nurse Practitioner, Martha Cullen (APRN)

Wednesday, February 25, 9:30 a.m. AUD

New! Card Making with Kathy Somers

Wednesday, February 25, 11 a.m. AND 2 p.m. TS

\$3 (cash - paid to instructor)

Chef's Cook-Off - A Taste of Love

Wednesday, February 25, 4:30 p.m. \$16

Menu can be found on the back of the *Weekly Menu*.
Music brought to you by Phyllis Dale.

JKV Foundation Annual Meeting

Guest Speaker Lou Paris, Director of Volusia County Economic Development

Thursday, February 26, 9:30 a.m. AUD

Continental Breakfast 9:30- 10 a.m. Meeting beginning at 10 a.m.

Top Tier Diners - Cork & Olive in Lake Mary

Thursday, February 26, 4 p.m. BUS \$5

New! National Strawberry Day

Friday, February 27, 10 a.m. - 4 p.m. BC

Songs with Krista

Thursday, February 26, 3 p.m. AUD **FREE**

Game Night

Friday, February 27, 7 p.m. AUD **FREE**

Grab your cards or even your board games and we'll provide light snacks and refreshments. This night is intended for you to play new games, meet new neighbors, and have a night of laughs and fun.

New! Greg Parnell Entertainment

Music from the Great American Songbook

Monday, March 2, 7 p.m. AUD \$10

New! Card Making with Liz

Wednesday, March 4, 9:30 a.m. TS \$3

(cash paid to instructor)

New! Butterfly Lady - Great Apes

Wednesday, March 4, 10 a.m. AUD **FREE**

New! Ladies Luncheon

Wednesday, March 4, 11:15 a.m. MPR \$16.95

Join us for a chance to chat, laugh, learn, and eat.

New! Roseborough Travel Presentation

Thursday, March 5, 3 p.m. AUD **FREE**

New! Spring Time Fling brought to you by Marketing

Friday, March 6, 11 a.m. JJC **FREE**

The annual event brought to you by Marketing has moved to the Spring. We invite you to enjoy food, drinks, music, games and more!

New! Eyeglass Adjustments

Saturday, March 7, 8:30 a.m. CL **FREE**

Concerts & Theatre

Organized Rhythm Organ & Percussion

Presented at Orlando Lutheran Towers

Sunday, February 8, 1:30 p.m. BUS \$5

Stetson's Choral Union - Festival of Hymns and American Folk Music 250th Celebration

Presented at Stetson's Lee Chapel

Sunday, March 29, 1:45 p.m. BUS \$18

Sign up Deadline: Friday, February 6

Registration **CLOSED** for the following shows:

From My Hometown

Presented at Winter Park Playhouse in Winter Park

Saturday, February 14, 12:45 p.m. BUS \$37

Sign up Deadline: Friday, December 19

Rogers and Hammerstein's Cinderella

Presented at Shoestring Theatre in Lake Helen

Saturday, February 21, 1:30 p.m. BUS \$30.50

CANCELED</