

TOWERS TALK- JANUARY 20, 2023

ACTIVITIES

	SATURDAY 01/21/2023	
TIME	EVENT	LOCATION
10:00 AM	STRENGTH & BALANCE	HAMMOND HALL
2:00 PM	SEMINAR - URINARY TRACT HEALTH & UTI PREVENTION	SUN PORCH
3:45 PM	VIGIL MASS	SUN PORCH
7:00 PM	POKER	GAME ROOM

	SUNDAY 01/22/2023	
TIME	EVENT	LOCATION
2:00 PM	CHRISTIAN FELLOWSHIP	SUN PORCH

	MONDAY 01/23/2023	
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:30 AM	BINGO	PCC
2:00 PM	BIBLE STUDY	MAGNOLIA ROOM
3:00PM	CURRENT EVENTS WITH DON JORDAN	SUN PORCH

	TUESDAY 01/24/2023	
TIME	EVENT	LOCATION
10:00 AM	STANDING AEROBICS	HAMMOND HALL
1:30 PM	RUMMIKUB	GAME ROOM
3:30 PM	JAZZ BY TWO DANCE BAND	SUN PORCH
6:30 PM	GET TOGETHER OF THOSE BORN IN MASSACHSETTS	GAME ROOM
6:30 PM	VESPERS	SUN PORCH

	WEDNESDAY 01/25/2023	
TIME	EVENT	LOCATION
9:00 AM	TRADER JOE'S & CVS (SIGN UP AT FRONT DESK)	DEPOT
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:45 AM	ALDI (SIGN UP AT FRONT DESK)	DEPOT
11:00 AM	EPISCOPAL EUCHARIST	MAGNOLIA ROOM
1:30 PM	BAORD MEETING	SUN PORCH
1:30 PM	BINGO	GAME ROOM
1:30 PM	KROGER & BANKS (SIGN UP AT FRONT DESK)	DEPOT
2:00 PM	BIBLE STUDY	MAGNOLIA ROOM
3:00 PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
7:00 PM	CANASTA	GAME ROOM

	THURSDAY 01/26/2023	
TIME	EVENT	LOCATION
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
10:00 AM	BOOTH MUSEUM:PLEIN AIR PAINTERS - LUNCH @ THOMAS O'REILLYS	DEPOT
1:30 PM	TAI CHI WITH MARIE	HAMMOND HALL
3:30 PM	DAN STAGGS	SUN PORCH

	FRIDAY 01/27/2023	
TIME	EVENT	LOCATION
9:00 AM	PUBLIX (SIGN UP AT FRONT DESK)	DEPOT
10:00 AM	CARDIO EXERCISE	HAMMOND HALL
10:45 AM	WALMART (SIGN UP AT FRONT DESK)	DEPOT
1:30 PM	KROGER & DRY CLEANERS (SIGN UP AT FRONT DESK)	DEPOT
4:00 PM	CHALLISE & COMPANY CHARCUTERIE & WINE EVENT	SUN PORCH



HUGE THANKS TO THOSE WHO HELPED COZY UP-
THE 1ST FLOOR SITTING AREA

CALENDAR CHANGES

- . DUE TO LOW PARTICIPATION, RHYTHMIC EXERCISE ON FRIDAYS AT 11:00AM WILL BE DISCONTINUED.**
- . THE URINARY TRACT & HEALTH SEMINAR ON 01/21/2023 ON THE SUN PORCH HAS A TIME CHANGE. THIS WILL START AT 2:00 PM INSTEAD OF 2:30 PM.**
- . HAPPY HOUR ON 01/27/2023 HAS A TIME CHANGE. THIS EVENT WILL BE FROM 4:00 PM - 5:00 PM, AND WILL BE SPONSERED BY CHALLISE & COMPANY AS A CHARCUTERIE & WINE EVENT.**

Are you from Massachusetts?

Please join us in the Game Room

Tuesday January 24th
at 7:00 pm

Visit with others from your home state
and say: Haavhad, Yahad, & Cahaa!!

Boston, Worcester, Springfield, Gardner, Quincy,
Framingham, Fall River, Dorchester, Malden



MONDAY JANUARY 23rd – SATURDAY JANUARY 28th

- **2 Eggs Your Way, Crispy Hash Browns, Country Ham & Toast**
- **Breakfast Sandwich- Spinach, Egg & Cheese with on a Croissant**
- **Made to Order Omelet- Choice of Ham, Sausage, Vegetables & Cheese. Served with Toast & Fruit**

TABLE 300

LUNCH SPECIALS

MONDAY JANUARY 23rd – SATURDAY JANUARY 28th

SOUP OF THE WEEK

Chicken Noodle

VEGETABLE OF THE WEEK

Cauliflower

Monday – Buffalo Chicken Sandwich Served. Served with one side.

Tuesday – Beef Tacos. Served with one side.

Wednesday – Egg Salad on a Croissant. Served with one side.

Thursday – Chicken Salad Sandwich. Served with one side.

Friday – Chicken Quesadilla. Served with Spanish Rice

Saturday – Chili with Honey Cheddar Corn Bread

TABLE 300

DINNER SPECIALS

MONDAY JANUARY 23rd – FRIDAY JANUARY 27th

Monday – Trout Almondine. Served with two sides.

Tuesday – Sweet and Sour Pork. Served with two sides.

Thursday - – Seafood Stuffed Tilapia

Friday – Fried Shrimp. Served with Two sides.

WEDNESDAY, JANUARY 25th CHEF TABLE

DINE - IN

Fried Chicken. Served with Black Eye Peas and Spinach

Meatloaf Served with Mashed Potato and Cabbage

DELIVERY

Fried Chicken. Served with Black Eye Peas and Spinach

OR

Meatloaf Served with Mashed Potato and Cabbage

TABLE 300

SUNDAY BRUNCH JANUARY 29th

DINE IN SERVICE

Omelet Station

Scrambled Eggs

Waffles

Bacon

Buttered Grits

Orange Glazed Duck Breast

Breakfast Potato's

Broccoli

Yellow Rice

Desserts and Pastries

Fresh Fruit

DELIVERY SERVICE

Orange Glazed Duck Breast Served with Yellow Rice and Broccoli

OR

Ham and Cheese Quiche. Served with Fresh Fruit and Pastry.