

# TOWERS TALK- FRIDAY MARCH 17th ,2023

## ACTIVITIES

	<b>SATURDAY 03/18/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00 AM</b>	<b>CHAIR YOGA</b>	<b>HAMMOND HALL</b>
<b>2:00PM</b>	<b>MOVIE: "FLIGHT" - CALL ANNE DUNCAN FOR INFO</b>	<b>HAMMOND HALL</b>
<b>3:45 PM</b>	<b>VIGIL MASS</b>	<b>SUN PORCH</b>
<b>7:00 PM</b>	<b>POKER</b>	<b>GAME ROOM</b>

	<b>SUNDAY 03/19/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>2:00 PM</b>	<b>CHRISTIAN FELLOWSHIP</b>	<b>SUN PORCH</b>

	<b>MONDAY 03/20/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00 AM</b>	<b>CHAIR YOGA</b>	<b>HAMMOND HALL</b>
<b>10:30 AM</b>	<b>BINGO</b>	<b>PCC</b>
<b>2:00 PM</b>	<b>BIBLE STUDY</b>	<b>MAGNOLIA ROOM</b>

	<b>TUESDAY 03/21/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00AM</b>	<b>SANDY SPRINGS GARDEN CLUB</b>	<b>CANCELLED</b>
<b>10:00 AM</b>	<b>STANDING AEROBICS</b>	<b>HAMMOND HALL</b>
<b>1:30 PM</b>	<b>RUMMIKUB</b>	<b>GAME ROOM</b>
<b>3:00PM</b>	<b>TRIVIA</b>	<b>AZAELA ROOM</b>
<b>6:30 PM</b>	<b>VESPERS</b>	<b>SUN PORCH</b>

	<b>WEDNESDAY 03/22/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>9:00 AM</b>	<b>TRADER JOE'S &amp; CVS</b>	<b>DEPOT</b>
<b>10:00 AM</b>	<b>CHAIR YOGA</b>	<b>HAMMOND HALL</b>
<b>10:45 AM</b>	<b>ALDI</b>	<b>DEPOT</b>
<b>11:00AM</b>	<b>BONEFISH GRILLE LUNCH OUTING</b>	<b>DEPOT</b>
<b>11:00 AM</b>	<b>EPISCOPAL EUCHARIST</b>	<b>MAGNOLIA ROOM</b>
<b>1:30PM</b>	<b>BOARD MEETING</b>	<b>SUNPORCH</b>
<b>1:30 PM</b>	<b>BINGO</b>	<b>GAME ROOM</b>
<b>1:30 PM</b>	<b>KROGER &amp; BANKS</b>	<b>DEPOT</b>
<b>2:00 PM</b>	<b>BIBLE STUDY</b>	<b>MAGNOLIA ROOM</b>
<b>3:00 PM</b>	<b>PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)</b>	<b>DEPOT</b>
<b>7:00 PM</b>	<b>CANASTA</b>	<b>GAME ROOM</b>

	<b>THURSDAY 03/23/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>10:00 AM</b>	<b>CHAIR AEROBICS</b>	<b>HAMMOND HALL</b>
<b>10:00 AM</b>	<b>BREMAN MUSEUM W/LUNCH AT SOUTHERN BISTRO</b>	<b>BUS DEPOT</b>
<b>1:30 PM</b>	<b>TAI CHI W/MARIE</b>	<b>HAMMOND HALL</b>
<b>7:00PM</b>	<b>CCX BIG BAND</b>	<b>SUNPORCH</b>

	<b>FRIDAY 3/24/2023</b>	
<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
<b>9:00 AM</b>	<b>PUBLIX</b>	<b>DEPOT</b>
<b>10:00 AM</b>	<b>CARDIO EXERCISE</b>	<b>HAMMOND HALL</b>
<b>10:45 AM</b>	<b>WALMART</b>	<b>DEPOT</b>
<b>1:30 PM</b>	<b>KROGER &amp; DRY CLEANERS</b>	<b>DEPOT</b>
<b>2:00PM</b>	<b>BEAVERS &amp; NAUTRES ENGINEERS</b>	<b>CANCELLED</b>
<b>3:00PM</b>	<b>WHOLE FOODS &amp; DOLLAR TREE</b>	<b>DEPOT</b>
<b>3:30PM</b>	<b>MOVIE: GREASE W/ ICE CREAM FLOATS AND POPCORN</b>	<b>SUNPORCH</b>



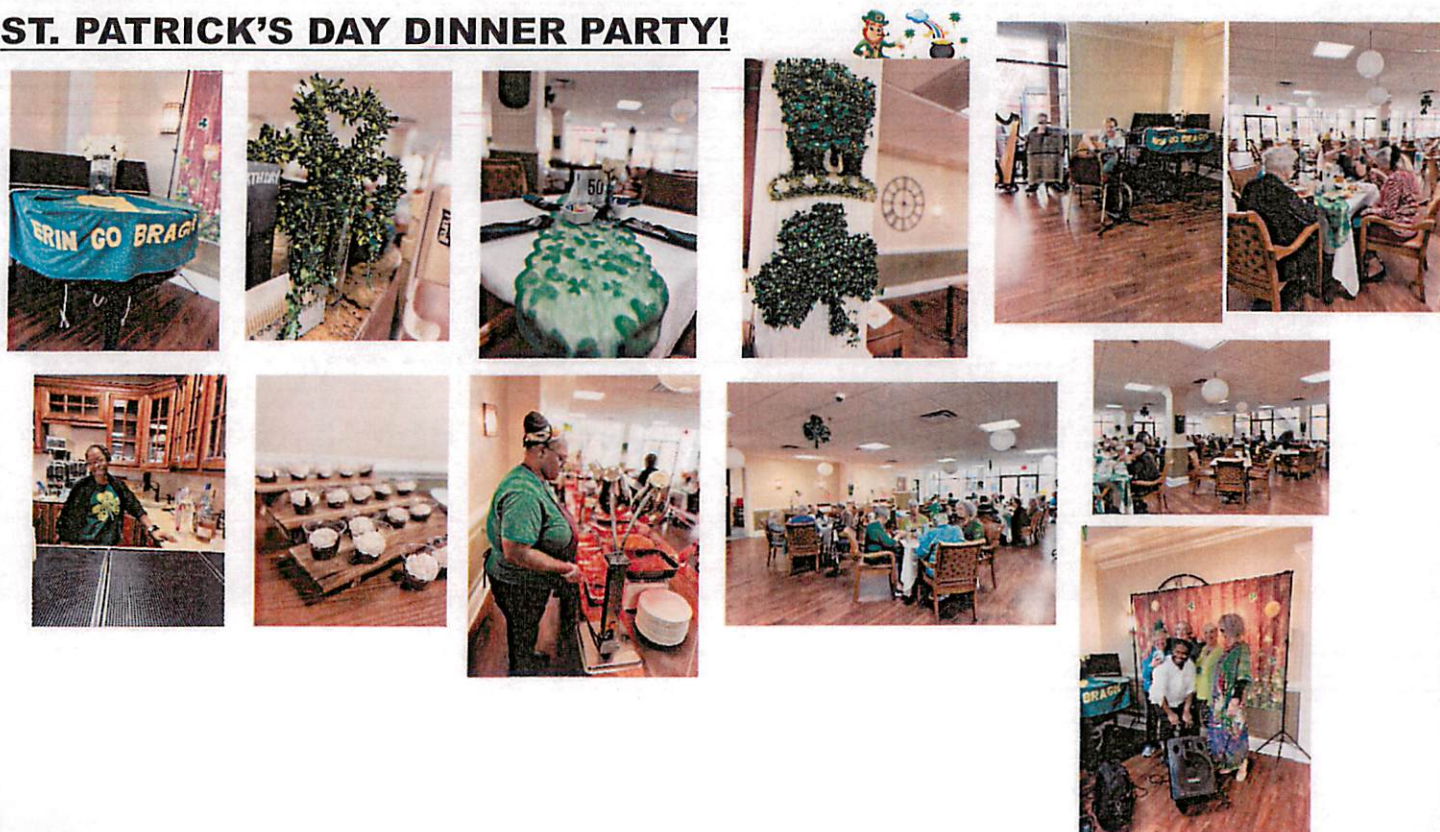
## ACTIVITY CORNER

### COOKING CLASS W/ CHEF DAMIEN: PESTO GNOCCI PASTA



**PLEASE JOIN US NEXT MONTH FOR COOKING CLASS!!**

### ST. PATRICK'S DAY DINNER PARTY!





## ACTIVITY CORNER

### **BREMAN MUSEUM [THURSDAY MARCH 23RD 10:00AM]**

The Breman, Atlanta's Jewish Museum is home to the permanent exhibition Absence of Humanity: The Holocaust Years, 1933-1945;

the Blonder Family Gallery dedicated to Southern Jewish History; and the Schwartz Gallery, which hosts a variety of traveling and rotating exhibitions.

The Museum

Library and Cuba Family Archives add to our on-site offerings while The Weinberg Center for Holocaust Education provides a wonderful educational resource for students, teachers, and lifelong learners.



**PLEASE SIGN-UP FOR THIS OUTING ON THE ACTIVITY WALL  
LOCATED IN THE BACK LOBBY NEAR THE MAILROOM**

*ARTIST*

*ALLEY*

*FEATURING*

*ANITA*

*KORB*

## MY STORY: ANNITA KORB

A FEW YEARS AGO WHEN VISITING MY SISTER IN FLORIDA, SHE SAID "WE ARE GOING TO PAINT TOGETHER."

WHAT??

SO WE ATTENDED A WORKSHOP HOSTED BY OUR FAVORITE ARTIST, JANE SLIVKA. HER STYLE IS LOOSE, COLORFUL AND FUN. I WAS INSPIRED AND LOVED IT!

ART QUICKLY BECAME THERAPY FOR ME. MY HUSBAND, GARY, SUFFERED MANY YEARS WITH ALZHEIMER'S DISEASE. HE EVENTUALLY PASSED AWAY IN 2017.

ONE OF MY EARLIEST PAINTINGS WAS OF A YOUNG BOY BOXER. GARY HAD BEEN INVOLVED IN BOXING FOR MANY YEARS. THAT PAINTING STILL BRINGS ME JOY.

TO THIS DAY ART SPEAKS TO ME. I PAINT MY FEELINGS AND WHAT INSPIRES ME. I AM GRATEFUL FOR THIS OUTLET AND THE JOY IT BRINGS TO ME AND HOPEFULLY OTHERS.



**WE ARE TAKING IT BACK IN TIME**  
**PLEASE JOIN US FRIDAY MARCH 24<sup>TH</sup> AT 3:30PM FOR A**  
**70'S THEMED MOVIE DATE!**



**COME DRESSED IN YOUR FAVORITE 70'S ATTIRE. WE**  
**WILL BE SERVING ICE CREAM FLOATS FOR \$3 AS**

**A SPECIAL TREAT**



**PLEASE SIGN-UP AT FRONT DESK TO**  
**RETRIEVE MOVIE TICKETS SEE YA'LL**  
**THERE!!**



## BREAKFAST

**MONDAY MARCH 20<sup>TH</sup> – SATURDAY MARCH 25<sup>TH</sup>**

- Belgian Waffle with fresh berries, Whipped Cream & Sausage Links
  - 2 Eggs your way, Cheese Grits, Toast & Bacon
- Omelets Made to Order with choice of Ham, Sausage, Vegetables & Cheese. Served with Toast & Fruit.



# TABLE 300

## LUNCH SPECIALS

MONDAY MARCH 20<sup>TH</sup> – SATURDAY MARCH 25<sup>TH</sup>

### SOUP OF THE WEEK

TURKEY W/ KALE & WHITE BEAN SOUP

### VEGETABLE OF THE WEEK

OKRA AND TOMATO MEDLEY

Monday – Philly Cheesesteak Quesadilla Served with one side

Tuesday – Turkey Sub Sandwich Served with 1 Side

Wednesday – Cuban Sandwich Served with 1 Side

Thursday – Rueben Served with 1 Side

Friday – Fish and Chips Served with 1 Side

Saturday - Grilled Chicken with Pepper Jack Cheese, Buffalo Ranch Sauce on Brioche.  
Served with Fries



## DINNER SPECIALS

MONDAY MARCH 20<sup>TH</sup> – FRIDAY MARCH 24<sup>TH</sup>

Tuesday – Sweet And Sour Pork Served with 2 Sides

Thursday – Baked Fish with Lemon Caper Sauce Served with 2 Sides

Friday – Baked Ziti with sausage and 2 sides

# TABLE 300

## DINNER CHEF TABLES

MONDAY, MARCH 20<sup>TH</sup>

DINE-IN

Beef Lasagna served Squash and Broccoli

OR

Chicken Parm Served with buttered Noodles and Peas and pearl onions

DELIVERY

Beef Lasagna served Squash and Broccoli

OR

Chicken Parm Served with buttered Noodles and Peas and pearl onions

WEDNESDAY, MARCH 22<sup>ND</sup>

DINE-IN

Fried Chicken Served with Rice Pilaf and Roasted Beets

OR

Meatloaf Served with Mashed Potato and Green Peas

DELIVERY

Fried Chicken Served with Rice Pilaf and Roasted Beets

OR

Meatloaf Served with Mashed Potato and Green Peas





**SUNDAY BRUNCH**

**MARCH 26<sup>TH</sup>**

**DINE IN SERVICE**

**Omelet station w/Bacon and Buttered Grits**

**Fruit Platter**

**Scrambled Eggs**

**Buttermilk Pancakes Sausage and Breakfast Potatoes**

**Grilled Chicken with Pesto, Zucchini & Roasted Cauliflower**

**Desserts and pastries**

**DELIVERY SERVICE**

**Buttermilk Pancakes Sausage and Breakfast Potatoes**

**OR**

**Grilled Chicken with Pesto, Zucchini & Roasted Cauliflower**