

TOWERS TALK– MAY 19TH, 2023

ACTIVITIES

	SATURDAY 05/20/2023	
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
12:00PM	MVT ANNUAL PICNIC	CANCELLED
1:00PM	MOVIE: A MAN CALLED OVE	HAMMOND HALL
3:45 PM	VIGIL MASS	SUN PORCH
7:00 PM	POKER	GAME ROOM

	SUNDAY 05/21/2023	
TIME	EVENT	LOCATION
11:30AM	ALEX THE JEWELER	BACK LOBBY
2:00 PM	CHRISTIAN FELLOWSHIP	SUN PORCH

	MONDAY 5/22/2023	
TIME	EVENT	LOCATION
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:30 AM	BINGO	PCC
1:30PM	LINE DANCING W/JAMAL GORDON	HAMMOND HALL
2:00 PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 5/23/2023	
TIME	EVENT	LOCATION
10:00 AM	STANDING AEROBICS	HAMMOND HALL
1:30PM	RUMMIKUB	GAME ROOM
2:30PM	EYE ON SOCIAL	GAME ROOM
6:30 PM	VESPERS	SUN PORCH

	WEDNESDAY 5/24/2023	
TIME	EVENT	LOCATION
9:00 AM	TRADER JOE'S & CVS	DEPOT
10:00 AM	CHAIR YOGA	HAMMOND HALL
10:45 AM	ALDI	DEPOT
11:00 AM	EPISCOPAL EUCHARIST	MAGNOLIA ROOM
1:30PM	BOARD MEETING	SUNPORCH
1:30 PM	BINGO	GAME ROOM
1:30 PM	KROGER & BANKS	DEPOT
1:30PM	BIBLE STUDY (viewing of "The Chosen" series)	MAGNOLIA ROOM
3:00 PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	LOOSE SHOES BAND OUTDOOR CONCERT	COURTYARD
7:00 PM	CANASTA	GAME ROOM

	THURSDAY 5/25/2023	
TIME	EVENT	LOCATION
11:00AM	LUNCH OUTING CHEESECAKE FACTORY PERIMETER MALL LOCATION	BUS DEPOT
10:00 AM	CHAIR AEROBICS	HAMMOND HALL
1:30 PM	TAI CHI W/MARIE	HAMMOND HALL

	FRIDAY 5/26/2023	
TIME	EVENT	LOCATION
9:00 AM	PUBLIX	DEPOT
10:00 AM	CARDIO EXERCISE	HAMMOND HALL
10:45 AM	WALMART	DEPOT
11:00AM	DEB JEWELERY/FASHION SALE	BACK LOBBY
1:30 PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	BIRTHDAY CELEBRATION EVERYONE WELCOME	BACK LOBBY
3:00PM	TARGET	DEPOT



ACTIVITIES

SATURDAY MAY 20TH:

- **MVT PICNIC CANCELLED**
- **MOVIE: A Man Called Ove** Still grieving his late wife, Ove has nearly given up on life. when a boisterous young family moves in next door. A unlikely relationship between Ove and his new neighbor begins to form. Touching, funny and engrossing epic of ordinary life.

SUNDAY MAY 21ST:

- **ALEX THE JEWELER 11:30AM BACK LOBBY**

MONDAY MAY 22ND:

- **LINE DANCING W/JAMAL 1:30PM HAMMOND HALL**
- **CURRENT EVENTS W/DON JORDAN 3:00PM SUNPORCH**

TUESDAY MAY 23RD:

- **EYE ON SOCIAL 2:30PM GAME ROOM**

WEDNESDAY MAY 24TH:

- **BOARD MEETING 1:30PM SUNPORCH**
- **LOOSE SHOES OUTDOOR CONCERT 3:30PM COURTYARD**

THURSDAY MAY 25TH:

- **CHEESECAKE FACTORY LUNCH OUTING 11:00AM BUS DEPOT**

FRIDAY MAY 26TH:

- **DEB JEWELRY/ FASHION SALE 11:00AM BACK LOBBY**
- **BIRTHDAY CELEBRATION [EVERYONE WELCOME]**

IF YOU ARE TOSSING OLD PUZZLES, YOU CAN RECYCLE THEM BY PLACING THE ENTIRE BOX OF PUZZLES INTO THE CARDBOARD RECYCLE CONTAINER IN THE TRASH ROOMS.

IT MUST BE THE COMPLETE BOX! DO NOT PLACE PUZZLE PIECES ALONE IN THE RECYCLE CONTAINER.

MAINTENANCE CORNER

POOL IS NOW OPEN. PLEASE BE SURE AFTER EACH USE OF POOLSIDE TABLES TO LET DOWN TABLE UMBRELLA.

DINING ROOM

DINING ROOM IS CLOSED FROM 2:00PM-3:00PM MON-FRI

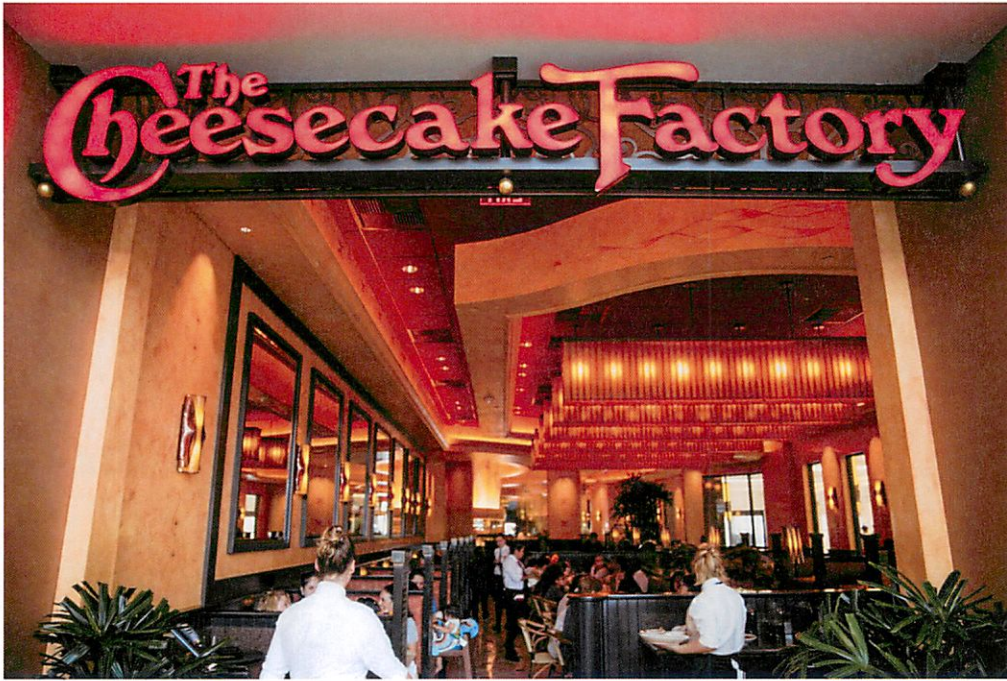
POOL IS NOW OPENED



THE POOL HAS PASSED INSPECTION AND IS NOW OPEN.
WATER AEROBICS WILL RESUME ON TUESDAY'S AND
FRIDAY'S AT 11:00 AM IN JUNE

PLEASE BE SURE TO LET DOWN TABLE
UMBRELLAS AFTER EACH USE

ACTIVITY CORNER



THURSDAY MAY 25TH LUCH OUTING

WE WILL BE EATING AT THE CHEESECAKE FACTORY RESTURANT LOCATED AT PERIMETER MALL. ALL RESIDENTS RESPONSIBLE FOR THEIR OWN COST OF LUNCH MEAL

PLEASE SIGN-UP ON THE ACTIVITY WALL NEAR THE MAILROOM. IF YOU SIGNUP AND NEED TO CANCEL THE DEADLINE IS MONDAY MAY 15TH TO CANCEL. IF YOU ARE USING A WHEELCHAIR OR WALKER PLEASE BE PREPARED TO SIT IN THE BACKSEATS ON THE BUS WITH YOUR ITEMS. IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CONTACT BRIANNA IN ACTIVITIES.

ACTIVITY CORNER



DELTA FLIGHT MUSEUM





WE WANT TO WISH,

- . KATHLEEN SEELEY 5/19
- . CAROL EDWARDS 5/20
- . HELEN BIGHAM 5/22

A VERY HAPPY BIRTHDAY !!

WEEKLY MENUS

BREAKFAST

MONDAY MAY 22ND – SATURDAY MAY 27TH

- 2 EGGS YOUR WAY, GRITS, BACON & TOAST
- BREAKFAST QUESADILLAS: EGGS, CHEESE AND SAUSAGE SERVED WITH SOUR CREAM AND SALSA
- OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE

SOUP OF THE WEEK

CLAM CHOWDER SOUP

VEGETABLE OF THE WEEK

BEETS

LUNCH SPECIALS

MONDAY MAY 22ND – FRIDAY MAY 26TH

- **MONDAY** – EGG SALAD SANDWICH ON CROISSANT
- **TUESDAY** –
 - *TACO AND NACHO BAR*: YOUR CHOICE OF CHICKEN OR STEAK TACOS WITH ALL THE FIXINGS [CHEESE, SOUR CREAM, SALSA, GUACAMOLE AND CILANTRO] WITH RICE AND BEANS
 - *BUILD YOUR OWN SALAD BAR*: YOUR CHOICE OF MIXED GREENS, ROMAINE, OR ICEBERG LETTUCE WITH TOPPING (SHREDDED CHEESE, CROUTONS, DRIED CRANBERRIES, RED ONIONS, BOILED EGGS, BACON BITS, GRILLED CHICKEN, SALAD SHRIMP, TOMATOES, CUCUMBERS) WITH YOUR CHOICE OF DRESSING
- **WEDNESDAY** – SALMON CAKES SERVED WITH 1 SIDE
- **THURSDAY** – REUBEN SERVED WITH 1 SIDE
- **FRIDAY** – BATTERED COD SERVED WITH 1 SIDE
- **SATURDAY** – WINGS YOUR WAY [BUFFALO, SWEET CHILI, LEMON PEPPER]

DINNER SPECIALS

TUESDAY MAY 23RD – FRIDAY, MAY 26TH

TUESDAY – FRIED TILAPIA SERVED WITH 2 SIDES

THURSDAY – ORANGE CHICKEN WITH 2 SIDES

FRIDAY – SWEET AND SOUR SALMON SERVED WITH 2 SIDES

DINNER CHEF TABLES

MONDAY MAY 22ND

DINE IN

GLAZED HAM SERVED WITH MAC & CHEESE AND TURNIP GREENS

BEEF STROGANOFF SERVED WITH PEAS AND GLAZED CARROTS

DELIVERY OR TO-GO

GLAZED HAM SERVED WITH MAC & CHEESE AND TURNIP GREENS

BEEF STROGANOFF SERVED WITH PEAS AND GLAZED CARROTS

DINNER CHEF TABLES

WEDNESDAY, MAY 24TH

DINE IN

SALISBURY STEAK SERVED WITH MASHED POTATOES AND BROCCOLI

**FRIED CHICKEN SERVED WITH RED BEANS AND RICE AND SAUTEED SWISS
CHARD**

DELIVERY OR TO-GO

SALISBURY STEAK SERVED WITH MASHED POTATOES AND BROCCOLI

**FRIED CHICKEN SERVED WITH RED BEANS AND RICE AND SAUTEED SWISS
CHARD**

SUNDAY BRUNCH – MAY 28TH

DINING ROOM ONLY

OMELET STATION W/GRITS, BACON, SAUSAGE LINKS

SCRAMBLED EGGS

ROAST BEEF SERVED WITH BREAKFAST POTATOES & CARROTS

FRESH FRUIT, BERRIES AND WHIP CREAM

DANISH, MUFFINS & DESSERTS

WAFFLE STATION

ROOM SERVICE

ROAST BEEF WITH ROASTED POTATOES & CARROTS

OR

CORN BEEF HASH, SCRAMBLED EGGS & BISCUITS