

TOWERS TALK– SEPTEMBER 22, 2023

ACTIVITIES

	SATURDAY 09/23/2023	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
10:15AM	HAPPY TAILS PET THERAPY	BACK LOBBY
12:00PM	HELP TECH AND GAMES WITH YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
4:00PM	VIGIL CATHOLIC MASS	SUN PORCH
7:00PM	POKER	GAME ROOM

	SUNDAY 09/24/2023	
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	SUN PORCH

	MONDAY 09/25/2023	
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
10:30AM	BINGO WITH YOUNG MEN'S LEAGUE	PCC
1:30PM	LINE DANCE WITH JAMAL	HAMMOND HALL
3:00PM	CURRENT EVENTS WITH DON JORDAN	SUNPORCH
7:00PM	PHASE 10	GAMEROOM

	TUESDAY 09/26/2023	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:30AM	STANDING TAI CHI	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	AVOIDING SENIOR SCAMS WITH SANDY SPRINGS POLICE DEPT. AND FBI AGENTS	SUNPORCH
2:00PM	COOKING CLASS WITH CHEF DAMIEN & DONNA	DINING ROOM
6:30PM	VESPERS	SUNPORCH

	WEDNESDAY 09/27/2023	
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	ACTIVE DANCE CARDIO	HAMMOND HALL
11:00AM	EPISCOPAL EUCHARIST	MAGNOLIA ROOM
1:30PM	BINGO	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
1:30PM	BIBLE STUDY (viewing of "The Chosen" series)	MAGNOLIA ROOM
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	JAZZ STANDARD BAND	SUNPORCH

	THURSDAY 09/28/2023	
TIME	EVENT	LOCATION
10:00AM	ILLUMINARIUM MUSEUM SPACE THEME WITH LUNCH AT ZAFFRON [RESIDENTS \$27.50]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	BIBLE STUDY (viewing of "The Chosen" series)	MAGNOLIA ROOM
1:30PM	TAI CHI WITH MARIE	HAMMOND HALL

	FRIDAY 09/29/2023	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	SCAVENGER HUNT W/DONUTS AND COFFEE	DINING ROOM
10:00AM	CARDIO EXERCISE	HAMMOND HALL
10:45AM	WALMART	DEPOT
11:00AM	WATER AEROBICS	POOLSIDE
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	COSTCO	DEPOT
3:30PM	MUSIC WITH ROBERT RICE AND BIRTHDAY	SUNPORCH

ACTIVITIES

SATURDAY, SEPTEMBER 23RD:

- STRENGTH AND BALANCE 10:00AM HAMMOND HALL
- HAPPY TAILS PET THERAPY 10:15AM BACK LOBBY
- HELP TECH AND GAMES WITH YOUNG MEN'S LEAGUE 12:00PM MAGNOLIA ROOM
- VIGIL CATHOLIC MASS 4:00PM SUNPORCH
- POKER 7:00PM GAME ROOM

SUNDAY, SEPTEMBER 24TH:

- CHRISTIAN FELLOWSHIP 2:00PM SUNPORCH
- BOOKCLUB 4:00PM HAMMOND HALL

MONDAY, SEPTEMBER 25TH:

- BINGO PCC 10:30AM PCC FLOOR WITH YOUNG MEN'S LEAGUE
- LINE DANCE WITH JAMAL 1:30PM HAMMOND HALL
- CURRENT EVENTS 3:00PM SUNPORCH
- PHASE 10 7:00PM GAME ROOM

TUESDAY, SEPTEMBER 26TH:

- STANDING AEROBICS 10:00AM HAMMOND HALL
- WATER AEROBICS 11:00AM POOLSIDE
- STANDING TAI CHI 11:30AM HAMMOND HALL [*NEW CLASS]
- MANIPULATION 1:00PM AZALEA ROOM
- RUMMIKUB 1:30PM GAME ROOM
- AVOIDING SENIOR SCAMS WITH SANDY SPRINGS POLICE DEPT. AND FBI AGENTS 1:30PM SUNPORCH
- COOKING CLASS 2:00PM DINING ROOM
- VESPERS 6:30PM SUNPORCH

WEDNESDAY, SEPTEMBER 27TH:

- CHAIR YOGA 10:00AM HAMMOND HALL
- ACTIVE DANCE CARDIO 11:00AM HAMMOND HALL
- BINGO 1:30PM GAME ROOM
- JAZZ STANDARD 3:30PM SUNPORCH

THURSDAY, SEPTEMBER 28TH:

- CHAIR AEROBICS 10:00AM HAMMOND HALL
- ILLUMINARIUM MUSEUM SPACE THEME WITH LUNCH AT ZAFFRON 10:00AM BUS DEPOT
[RESIDENTS \$27.50]
- TAI CHI 1:30PM HAMMOND HALL
- DOMINOES 7:00PM GAME ROOM

FRIDAY, SEPTEMBER 29TH:

- CARIDO EXERCISE 10:00AM HAMMOND HALL
- SCAVENGER HUNT WITH DONUTS AND COFFEE 10:00AM BACK LOBBY
- WATER AEROBICS 11:00AM POOLSIDE
- MUSIC WITH ROBERT RICE AND BIRTHDAY CELEBRATION 3:30PM SUNPORCH

ACTIVITY CORNER

ILLUMINARIUM MUSEUM
WITH LUNCH AT ZAFFRON
SEPT. 28TH



In an out-of-this-world immersive experience, take an extraordinary journey across the galaxy.

Fly through a technicolor nebula, kick up dust on the moon, see Saturn's rings up close, and weave through an asteroid belt. A giant leap into the unknown, SPACE will transport you to places you've only ever imagined.

PLEASE SIGN UP ON THE ACTIVITY WALL NEAR THE MAILROOM FRIDAY, SEPTEMBER 22ND. IF YOU SIGN UP AND NEED TO CANCEL, THE DEADLINE IS MONDAY, SEPTEMBER 25TH.

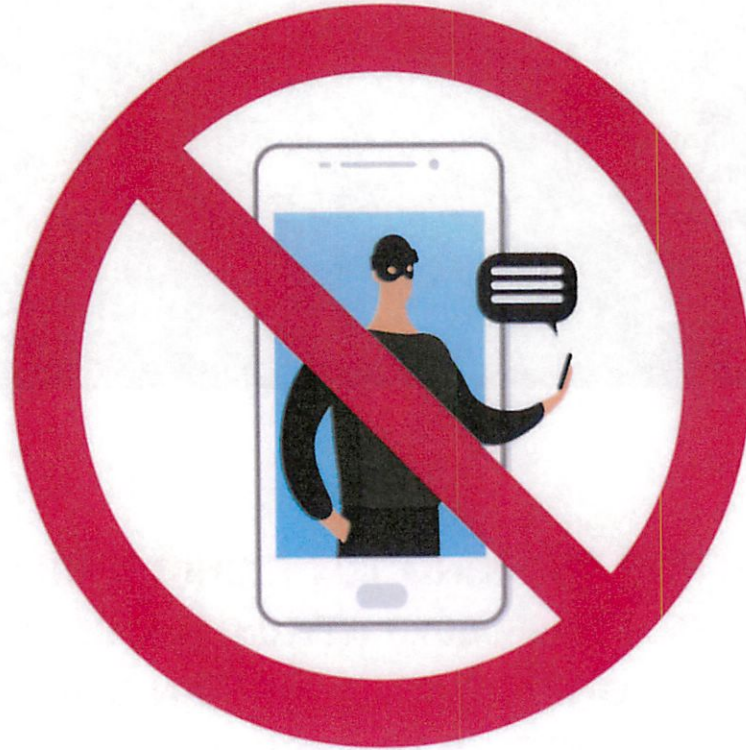
IF YOU ARE USING A WHEELCHAIR OR WALKER, PLEASE BE PREPARED TO SIT IN THE BACKSEATS ON THE BUS WITH YOUR ITEMS. IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT BRIANNA IN ACTIVITIES.



**REGISTRATION FOR THE KING TUT EXHIBIT WILL BE AVAILABLE
MONDAY SEPTEMBER 25, 2023 AT 10:00AM IN THE BACK LOBBY
WITH BRIANNA. SIGNING UP MORE THAN ONE PERSON IS NOT
PERMITTED UNLESS MARRIED.**

**THURSDAY OCT. 5TH
10:00AM BUS DEPOT
LUNCH AT P.F CHANG DUNWOODY
[RESIDENTS \$27.90]**

HOW TO AVOID SENIOR SCAMS



Join us for an enlightening session with an FBI Agent and Sandy Springs Detective as they share invaluable tips on safeguarding against senior scams.

TUESDAY, SEPTMEBER 26
1:30 PM SUN PORCH
REFRESHMENTS SERVED

Presented by Eye on Social



***COME JOIN US FOR A COOKING CLASS WITH
CHEF DAMIEN AND DONNA JACKSON***

TUESDAY SEPTEMBER 26TH, 2023

2:00PM DINING ROOM

***IN THIS CLASS YOU'LL LEARN TO COOK THE
FOLLOWING:***

SOUTHERN DISHES



SQUASH CASSEROLE / PINEAPPLE CASSEROLE

***PLEASE SIGN UP ON THE ACTIVITY WALL IN THE
BACK LOBBY. ANY QUESTIONS OR CONCERNS PLEASE
CONTACT BRIANNA***

SCAVENGER HUNT! WHO WILL FIND THE GOLD?

FRIDAY SEPT. 29TH @ 10:00AM DINING ROOM

WITH COFFEE AND DONUTS

**PLEASE BE SURE TO WEAR TENNIS SHOES AND BE
PREPARED TO MOVE AROUND A LOT.**

**THERE WILL BE 5 WINNERS FOR THE SCAVENGER
HUNT. NO TEAMS ARE PERMITTED, EVERY MAN OR
WOMAN FOR THEMSELVES.**

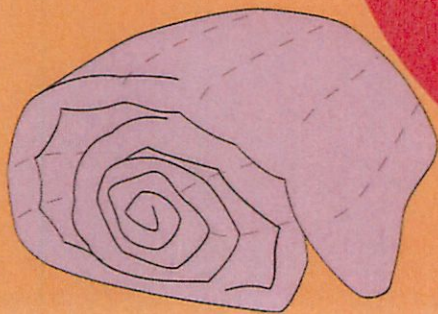
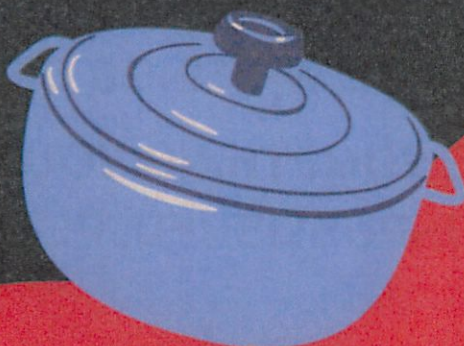
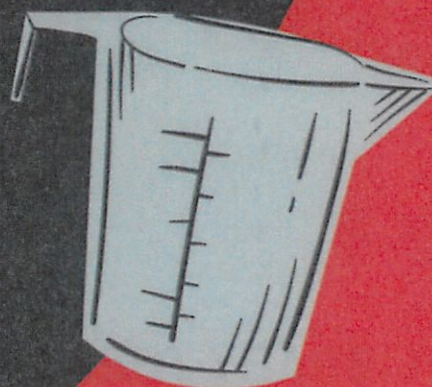


MVT

Buy for Nothing Day

Tuesday, October 10

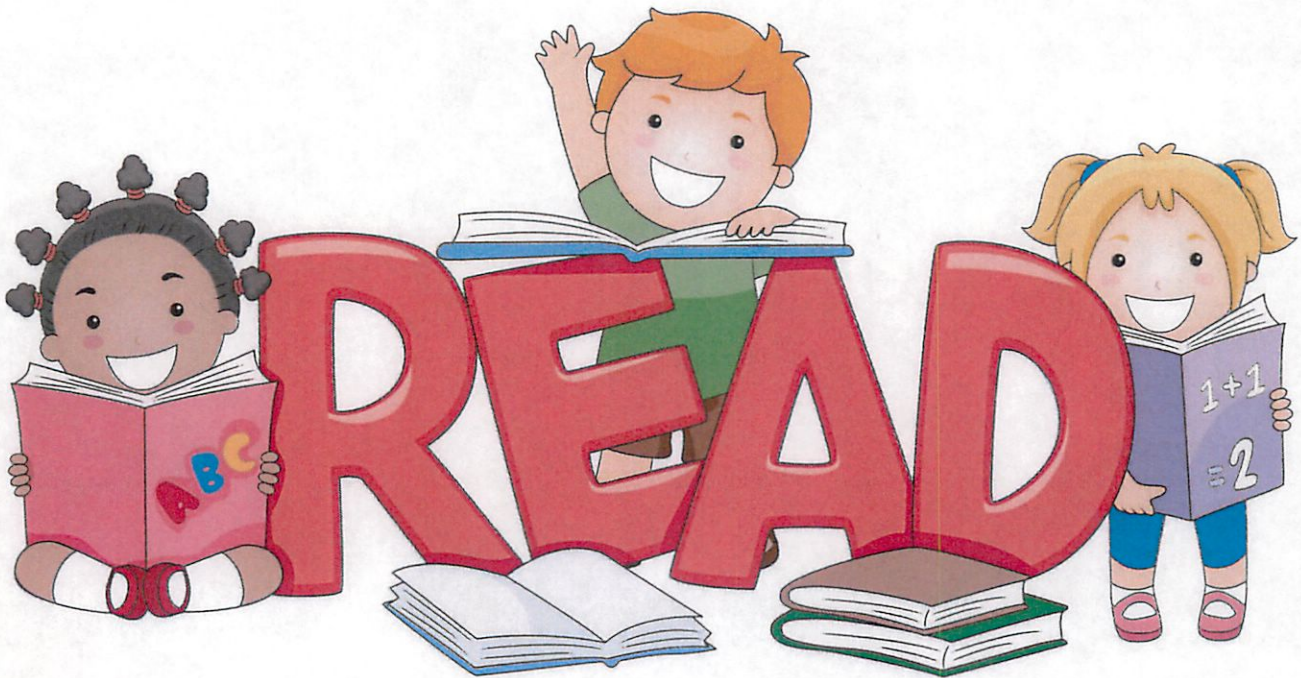
10 am - 2 pm
Sun Porch



Rediscover the joy in
sharing and
repurposing.
Remember, one
person's 'junk' might be
another's treasure!

Presented by Eye on Social

CALLING ALL MVT AUTHORS



**IN THE LIBRARY THERE ARE WRITINGS OF FOUR MVT
AUTHORS. IF YOU HAVE SOMETHING YOU WOULD LIKE TO
SHARE, PUBLISHED OR UNPUBLISHED, PLEASE CONTACT
MEG BRINCKMAN A909**

404-401-3614

MARGARET.BRINCKMAN33@GMAIL.COM

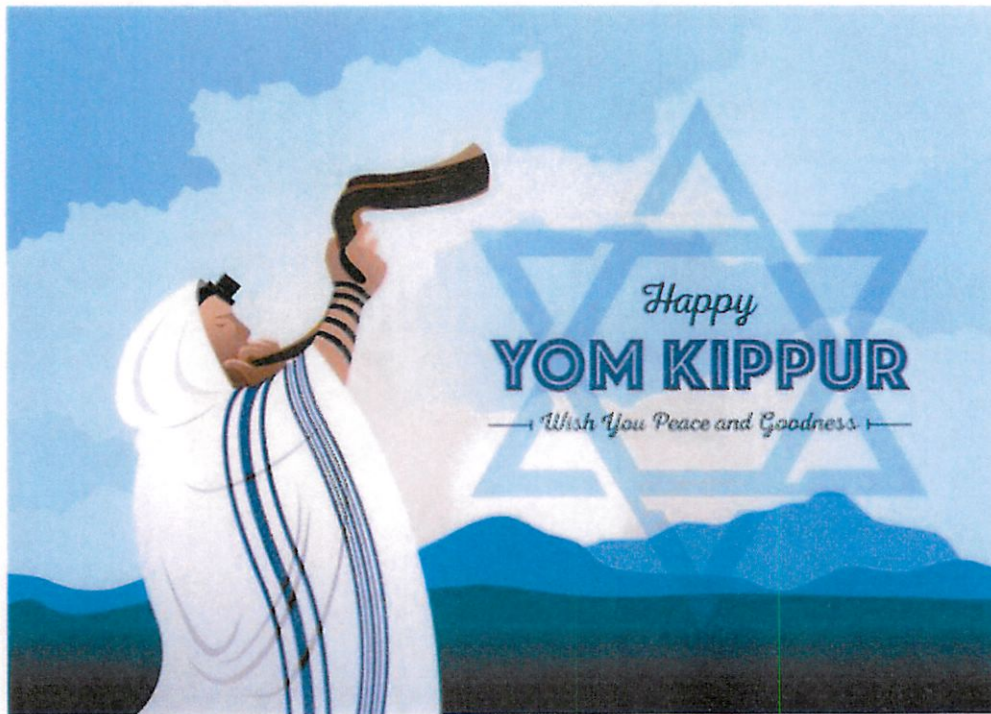
PLEASE PROVIDE US WITH COPIES IF POSSIBLE



WE WANT TO WISH

- . SARA COFFEY B906 9/25
- . SUE PAPCIAK B1012 9/25
- . SIBYL SCALES B113 9/25
- . BARBARA TRAMMELL A112 9/26
- . MARGERY COSTELLO B511 9/27
- . FRANCES KEATON A614 9/28
- . CYNTHIA MARTIN B715 9/29
- . KAREN WALKER A506 9/30
- . NEELIMA BIDDIX B611 9/30

A VERY HAPPY BIRTHDAY !!



Yom Kippur, the Day of Atonement, is the most holy day of the Jewish year.

It's considered the most important holiday, the "Sabbath of Sabbaths," in Judaism. Falling in the month of Tishrei (September or October in the Gregorian calendar), it marks the culmination of the 10 Days of Awe, a period of introspection and repentance that follows Rosh Hashanah, the Jewish New Year.

MENUS

SATURDAY, SEPTEMBER 23RD

BREAKFAST:

- BREAKFAST SANDWICH- SPINACH, EGG & CHEESE WITH ON CROISSANT
- 2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON
- OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE

LUNCH:

BUILD YOUR OWN SALAD BAR: YOUR CHOICE OF MIXED GREENS, ROMAINE, OR ICEBERG LETTUCE WITH TOPPINGS [SHREDDED CHEESE, CROUTONS, DRIED CRANBERRIES, RED ONIONS, BOILED EGGS, BACON BITS, GRILLED CHICKEN, SALAD SHRIMP, TOMATOES, CUCUMBERS] WITH YOUR CHOICE OF DRESSING

DELI BAR: CHOOSE YOUR BREAD FROM SUB ROLLS, WHEAT, OR RYE. ALSO YOUR CHOICE OF MEAT FROM DELI TURKEY, DELI HAM, TUNA SALAD, CHICKEN SALAD WITH ALL THE FIXINGS.

SUNDAY, SEPTEMBER 24TH

BRUNCH:

DINING ROOM ONLY

OMELET STATION W/GRITS

BACON

FRESH FRUIT

DESSERTS & MUFFINS

SCRAMBLED EGGS

BREAKFAST POTATOES

BUILD YOUR OWN SALAD BAR

FRIED SHRIMP WITH YELLOW RICE AND BROCCOLI

DELIVERY

FRIED SHRIMP WITH YELLOW RICE AND BROCCOLI

OR

**SPINACH AND MUSHROOM FRITTATA WITH PASTRIES AND
FRUIT**

MONDAY, SEPTEMBER 25TH

SOUP OF THE WEEK:

THREE BEAN SOUP

VEGETABLE OF THE WEEK:

CARROTS

BREAKFAST:

- **BREAKFAST SANDWICH- SPINACH, EGG & CHEESE WITH ON CROISSANT**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

- **TURKEY CLUB WITH 1 SIDE**

DINNER:

CHEF'S TABLE

MEATLOAF WITH ROASTED RED POTATOES AND GLAZED CARROTS

OR

CHICKEN TETRAZZINI WITH BROCCOLI AND GARLIC BREAD

TUESDAY, SEPTEMBER 26TH

BREAKFAST:

- **BREAKFAST SANDWICH- SPINACH, EGG & CHEESE WITH ON CROISSANT**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

- **TRIO SALAD AND CRACKERS WITH 1 SIDE**

DINNER:

- **BBQ PORK LOIN WITH 2 SIDES**

WEDNESDAY, SEPTEMBER 27TH

BREAKFAST:

- **BREAKFAST SANDWICH- SPINACH, EGG & CHEESE WITH ON CROISSANT**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

- **MONTE CRISTO SANDWICH WITH 1 SIDE**

DINNER:

CHEF'S TABLE

FRIED CHICKEN SERVED WITH MAC & CHEESE GRILLED ZUCCHINI

OR

SHEPHERD'S PIE WITH SPINACH

THURSDAY, SEPTEMBER 28TH

BREAKFAST:

- **BREAKFAST SANDWICH- SPINACH, EGG & CHEESE WITH ON CROISSANT**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

- **ROAST BEEF SANDWICH WITH 1 SIDE**

DINNER:

- **TILAPIA EN PAPILOTE [BAKED IN PARCHMENT WITH FENNEL AND PEPPERS] WITH 2 SIDES**

FRIDAY, SEPTEMBER 29TH

BREAKFAST:

- **BREAKFAST SANDWICH- SPINACH, EGG & CHEESE WITH ON CROISSANT**
- **2 EGGS YOUR WAY, CHEESE GRITS, TOAST & BACON**
- **OMELETS MADE TO ORDER WITH SELECTION OF HAM, SAUSAGE, VEGETABLES AND CHEESE**

LUNCH:

- **CHICKEN TERIYAKI BOWL WITH 1 SIDE**

DINNER:

- **TUSCAN BAKED COD WITH 2 SIDES**