

ADMINISTRATION CORNER



Happy Valentine's Day!
I promise not to be as long-winded as last week, but I do have a few important updates. First, please join me in extending a warm welcome to Marie Felman, who is moving in today on the 6th floor!

Activities

If you missed out on my love potion drink, don't despair! You can still get a taste of it today at 1pm during happy hour in the back lobby. Come and join the fun—who knows, it might just spark a little romance!

The winner of the bubblegum trivia contest was Kathy Brey! Additionally, JoAnn Akers spotted her name planted in last week's Tower Talk for a delicious Roaster gift card. We will be doing this periodically, so be sure to read the newsletter to see if your name appears!

For those of you who have lived here for a while, you know that we feature resident artists' work in what's known as the Artist Alley, the hallway from the front desk going back towards the dining room. Currently, we are featuring the artwork of Denise Athanas, who lives on the seventh floor.

As you stroll by, I encourage you to stop and read the article Denise has written about her love for art.

Administration

I have received inquiries regarding the possibility of making monthly donations for the Red Box instead of a single annual contribution. This is indeed an option. If you choose to write a check, please indicate that it is for the Red Box. For those utilizing the online payment feature, kindly write "Red Box" in the notes section.

It has come to my attention that some groups have been using the library for gatherings and private meetings, thereby restricting access for residents who wish to borrow books or read. While the library is a common area, it cannot be reserved for gatherings, meetings, or events like the Game Room and Magnolia room. If you are hosting such activities, please contact Brianna in Activities to reserve a different room.

Maintenance

GREAT NEWS! The shiny new "B" elevator is currently undergoing the State's rigorous inspection as I write this. We will make an announcement as soon as we receive the green light to reopen the elevator!

ADMINISTRATION CORNER continued

The incoming gate has been open for a couple of days due to the need to replace the capacitor. This issue was repaired this morning, and the gate is now functioning properly.

The large load test on the parking deck has been successfully completed. The test involved a weight of over 300,000 pounds, resulting in a deflection of only .35 inches, which is excellent considering the allowable deflection is up to .85 inches and the expected deflection was .5 inches. The team will begin draining the water and removing the necessary shoring materials, with the goal of reopening the west side of the covered parking deck and upper deck by mid-week. This will allow displaced cars to return to their normal parking spaces and create additional space on the upper deck for the next set of vehicles needing to be moved.

On Monday, February 17th, work will commence on the roof anchors. These anchors are essential for maintenance services, such as window caulking and brick & mortar repairs. The scanning and roofing companies will be on-site to initiate the roof scanning process. Work will begin no earlier than 9 AM, and there may be some noise associated with the activities. The entire process is expected to take about three weeks, weather permitting.

Lastly, we have noticed a significant number of wine bottles in the trash rooms on Monday mornings.

We kindly request that you dispose of items like these as you empty them, rather than waiting until you have a full cart. This will help keep the trash room tidier and reduce the time staff spends gathering recyclables.

Wishing you all a wonderful weekend! As always, please feel free to reach out to me with any questions or concerns.

Rita Malone
Executive Director
423-470-3745

**HAPPY
BIRTHDAY**

Happy Birthday shoutouts to the fabulous SARAH LEE FLINT A215 and the amazing JILL CATULLO A510 on 2/8! Then, we're celebrating CAROLYN YOST A613 on 2/9, the spectacular MARILYN KODESH B211 on 2/11, the wonderful BETTY GRANT P45-47 and the delightful SARAH MILLS B609 on 2/13, and last but not least, the fabulous BARBARA THOMAS A511 on 2/14! Let the party begin!

SING-ALONG

with

Pat, Paul and Bill



Monday
February 17

7 PM
Sun Porch

FROM FATHER JOHN KIERAN

Dear fellow Seniors, I am most grateful for your response to the ARDEE CHURCH FUND. The Ardee church located about 50 miles due north of Dublin is my childhood church. There I was formed in the missionary spirit characteristic of Irish Christians to proclaim the gospel globally. In my time six newly ordained priests, native of my county committed to serve the church in the U.S. I thank you for helping me to give back honoring the 50th anniversary of our new sanctuary. May our prayers and commingling of faith expressions here at the Towers bring blessings to all. Further donations are appreciated. John Kieran B807 770-312-6074

Coffee & Beignets with Brianna



Friday
February 21
10 AM
Back Lobby

LIVE MUSIC

Wednesday, February 19 at 3:30PM
Laigh Langley Trio



Friday, February 21 at 3:30PM
Class Act Band



Both Shows in the Sun Porch



Buy for Nothing

Feb 28 / 9 AM - 1 PM / Sun Porch
Items may be delivered on Monday evening between 5:00 PM and 8:00 PM.
No previewing allowed.

HIGH RISE LIVING SERIES

Dining Update

Monday, February 17
1:30 PM
Sun Porch

NEW RESIDENTS

The Welcome Committee will hold dinners for new residents on the second Monday of each month. The meal will be deducted from the dining allowances and registration will be by the mail room.

PCC EVENTS

BINGO 10:30 AM on Tuesday, February 11.
Everyone is welcome to attend.



TABLE 300

FISH OF THE WEEK: SALMON

VEGGIE OF THE WEEK: BRAISED CELERY

SOUP OF THE WEEK: GARDEN VEGETABLE

SOUP OF THE DAY: M-WHITE BEAN KALE AND PORK SOUP T-CREAMY HAM AND VEGETABLE W-LA SOPA TH-LASAGNA SOUP F-CHICKEN AND RICE S- CHEFS CHOICE

Saturday, February 15

LUNCH

Sloppy Joe Sandwich w/ Cheese w/1 side

Sunday, February 16

BRUNCH

Pork Chilaquiles, Spanish Tortilla, Baked Chicken, Potatoes O'Brien, Roasted Vegetable Medley, French Toast Sticks, Scrambled Eggs, Asparagus, Buttered Grits, Sausage, Bacon

DELIVERY

Pork Chilaquiles, Spanish Tortilla, Baked Chicken, Potatoes O'Brien, Roasted Vegetable Medley

Monday, February 17

LUNCH

Grilled Chicken Wrap, Hummus, Roasted Vegetables, Flour Tortilla w/1 side

DINNER

Pork Pot Pie with Puff Pastry Crust w/2 sides

Tuesday, February 18

LUNCH

Hot Roast Beef Sandwich, Topped with Provolone and Horseradish on a Hoagie Roll w/1 side

DINNER

Back by Popular Demand!

Taco Tuesday Part Dos!

Seasoned Beef, Grilled Lime & Garlic Shrimp, Black Beans, Charro Beans, Queso Fundido, Avocado Corn Salad, Cilantro Lime Rice, Spanish Rice, Papaya & Mango Salad, Lettuce, Tomato, Sour Cream

Wednesday, February 19

LUNCH

Crabby Patties, Crab Cakes, House Made Tartar Sauce, Lettuce, Tomato w/1 side

DINNER

Fried Chicken, Baked Beans, Braised Cabbage, Cornbread Dressing Beef Lasagna, Mozzarella Cheese, Bolognese, Green Beans, Crispy Potatoes

Thursday, February 20

LUNCH

Korean Rice Bowl with Pork, Sauteed Vegetables, Steamed Rice w/1 side

DINNER

Georgia Stir Fry with Noodles, Local Vegetables, Carrots, Broccoli, Green Onion and Grilled Chicken

Friday, February 21

LUNCH

Popcorn Shrimp Feast!!!!
Hushpuppies, Coleslaw, Potato Salad, French Fries, Broccoli

DINNER

Fisherman Stew, Tomato Base, Whitefish, Calamari, Shellfish, Sausage and Housemade Focaccia

Call 404-255-7246 by 9 AM for Lunch Delivery, 1:30 PM for Dinner Delivery.

Dining Room Closed 2-3 pm M-F.

Call by 9AM for Brunch Delivery

**Lunch is Served from 11:30 am - 2:00 pm,
Monday - Sunday Last seating at 1:15 pm
Dinner is Served from 4:30 pm - 7:00 pm,
Monday - Friday Last seating at 6:15 pm**

TOWERS TALK FEBRUARY 14, 2025



SATURDAY 2/15/2025		
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	HELP TECH W/ YOUNG MEN'S LEAGUE	MAGNOLIA ROOM
1:30PM	BIBLE STUDY: BOOK OF ACTS	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

SUNDAY 2/16/2025		
TIME	EVENT	LOCATION
2:00PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

MONDAY 2/17/2025		
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
1:30PM	HRLS: DINING ROOM UPDATE	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	SING-ALONG	SUN PORCH
7:00PM	PHASE 10	GAME ROOM

TUESDAY 2/18/2025		
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

COMEDY CORNER

WEDNESDAY 2/19/2025		
TIME	EVENT	LOCATION
9:00AM	TRADER JOE'S & CVS	DEPOT
10:00AM	CHAIR YOGA	HAMMOND HALL
10:45AM	ALDI	DEPOT
11:00AM	EPISCOPAL EUCHARIST SERVICE	MAGNOLIA ROOM
1:30PM	BINGO [DOLLAR BILLS OR QUARTERS ONLY]	GAME ROOM
1:30PM	KROGER & BANKS	DEPOT
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
3:30PM	LAIGH LANGLEY & TRIO	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

THURSDAY 2/20/2025		
TIME	EVENT	LOCATION
10:00AM	JIMMY CARTER MUSEUM WITH LUNCH AT MARY MAC'S TEA ROOM [RESIDENTS \$15.00]	BUS DEPOT
10:00AM	CHAIR AEROBICS	HAMMOND HALL
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	DOMINOES	GAME ROOM

FRIDAY 2/21/2025		
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	BEIGNETS AND COFFEE W/BRIANNA	BACK LOBBY
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
11:00AM	STOP N SHOP W/SHERYL SYKES	BACK LOBBY
1:00PM	MANIPULATION	MAGNOLIA ROOM
1:30PM	KROGER & DRY CLEANERS	DEPOT
3:00PM	WHOLE FOODS AND DOLLAR TREE [NEW LOCATION]	DEPOT
3:30PM	CLASS ACT DUO BAND	SUN PORCH