



# TOWERS TALK

JUNE 20 - JUNE 27

## ADMINISTRATION CORNER



Happy Friday, everyone! Just a quick note to let you know there won't be an article this week. But don't worry—if there's any important information that needs to be relayed, I'll get it out in a separate memo. Feel free to reach out if you need anything in the meantime. Enjoy your weekend!

**Rita Malone**  
**Executive Director**  
423-470-3745



### BOARD MEETING

Wednesday, June 25

3 PM

Sun Porch

## HAPPY BIRTHDAY

Birthday bonanza alert! Celebrate with PENNY FRANCE B602 on 6/21, JOHN MCMAHON B705 on 6/23, CARMEN MORENO A101 on 6/25, MARILYN SMITH B915 on 6/26, and HARRIET BERLIN A410 on 6/27!



Staying hydrated is especially important for senior citizens, as the body's ability to conserve water and sense thirst naturally decreases with age. Dehydration can lead to serious health issues like confusion, dizziness, urinary tract infections, and even hospitalizations. Drinking enough water each day helps maintain energy, supports digestion, and keeps the body functioning smoothly. A few extra sips throughout the day can make a big difference in overall well-being and independence.

## HIGH RISE LIVING SERIES

State Representative Shea Robers -  
Legislations that became law in 2025

Monday, June 23  
1:30 PM / Sun Porch



Get your "dance" on Monday, June 23 at  
11 am in Hammond Hall



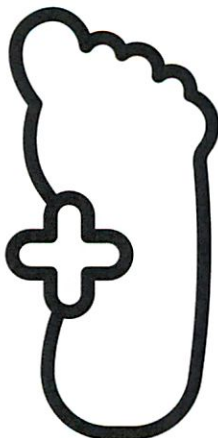
Nothing says summer fun like making  
your own tie-dye tee—every swirl tells a  
story, every splash is a masterpiece.  
Grab some dye, twist it up, and let your  
creativity shine!

Friday, June 27  
2:30 PM Courtyard

## LIVE MUSIC

Wednesday, June 25  
Robert Rice at 7:00 PM

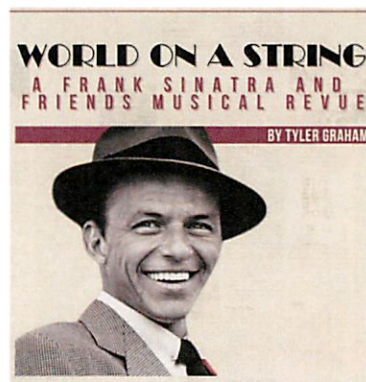
Thursday, June 26  
Standards Project at 7:00 PM  
Sun Porch



PODIATRIST

Thursday, June 26  
9:30 AM  
Magnolia Room

## DESTINATION THEATRE PRESENTS



Take a musical  
journey through the  
timeless classics of  
this legendary  
performer and his  
many big band  
buddies in this  
heartwarming tribute  
Ol' Blue Eyes and the  
golden era.

Friday, June 27 at 1 PM  
Sun porch



# TOWERS TALK JUNE 20TH 2025



	SATURDAY 6/21/2025	
TIME	EVENT	LOCATION
10:00AM	STRENGTH AND BALANCE	HAMMOND HALL
12:00PM	LADIES TEA LUNCHEON W/PIANST	DINING ROOM
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	BIBLE STUDY: DAVID CHRISTIAN	MAGNOLIA ROOM
4:00PM	VIGIL MASS	SUN PORCH

	SUNDAY 6/22/2025	
TIME	EVENT	LOCATION
2:30PM	CHRISTIAN FELLOWSHIP	MAGNOLIA ROOM

	MONDAY 6/23/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR YOGA	HAMMOND HALL
11:00AM	DANCE GROOVEMENT: LATIN DANCE STYLE	HAMMOND HALL
1:30PM	HRLS: STAT REP. SHEA ROBERTS LEGISLATION THAT BECAME LAW IN 2025	SUN PORCH
2:00PM	BIBLE STUDY	MAGNOLIA ROOM
7:00PM	PHASE 10	GAME ROOM

	TUESDAY 6/24/2025	
TIME	EVENT	LOCATION
10:00AM	STANDING AEROBICS	HAMMOND HALL
10:30AM	TRIVIA	PCC
11:00AM	WATER AEROBICS	POOL SIDE
11:30AM	STANDING TAI CHI WITH MARIE	HAMMOND HALL
1:00PM	MANIPULATION	AZALEA ROOM
1:30PM	RUMMIKUB	GAME ROOM
6:30PM	VESPERS	SUN PORCH

	WEDNESDAY 6/25/2025	
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	BOARD MEETING	SUN PORCH
3:00PM	PUBLIX (4:00 PM <i>RETURN</i> PICK UP TIME)	DEPOT
7:00PM	MUSIC WITH ROBERT RICE	SUN PORCH
7:00PM	CANASTA HAND & FOOT	GAME ROOM

	THURSDAY 6/26/2025	
TIME	EVENT	LOCATION
10:00AM	CHAIR AEROBICS	HAMMOND HALL
10:00AM	TOUR OF ROSWELL HISTORY MUSEUM/ SMITH PLANTATION W/LUNCH AT NORTH END KITCHEN AND BAR  RESIDENTS: NO CHARGE FOR TICKETS	BUS DEPOT
1:30PM	TAI CHI W/MARIE	HAMMOND HALL
7:00PM	STANDARDS PROJECT BAND	SUN PORCH

	FRIDAY 6/27/2025	
TIME	EVENT	LOCATION
9:00AM	PUBLIX	DEPOT
10:00AM	CARDIO	HAMMOND HALL
10:30AM	WALMART	DEPOT
11:00AM	WATER AEROBICS	POOL SIDE
1:00PM	DESTINATION THEATER: FRANK SINATRA TRIBUTE	SUN PORCH
1:30PM	KROGER & DRY CLEANERS	DEPOT
2:00PM	TYE-DYE SHIRT MAKING W/BRIANNA	COURTYARD
3:00PM	WHOLE FOODS/ DOLLAR TREE	DEPOT





# TABLE 300

**FISH OF THE WEEK: SALMON**

**VEGETABLE OF THE WEEK: HONEY GLAZED CARROTS**

**SOUP OF THE WEEK: CREAM OF MUSHROOM**

**SOUP OF THE DAY: M-CLAM CHOWDER T-CHICKEN NOODLE**

**W-VEGETABLE BEEF TH-CHEF SPECIAL F-LOADED POTATO**

**SAT-CREAM OF TOMATO**

**Saturday, June 21**

**LUNCH**

**Ladies Tea Lunch - Reservations Only-  
Event Sold Out**

Delivery Only Option (no pickups)

Philly Cheese Steak with BBQ Chips, Fruit  
Cup & Cookie

**Sunday, June 22**

**BRUNCH**

Turkey Meatballs in White Gravy, Maple  
Sausage with Cabbage and Potato Au Gratin,  
Omelets Made to Order, Applewood Bacon,  
Grits, Breakfast Potatoes, Grilled Vegetables  
Pastries/Fruit

**Monday, June 23**

**LUNCH**

Fried Chicken Club Sandwich with Bacon  
Smoked Gouda Cheese, Tomato, and BBQ  
Aioli on a Toasted Brioche Bun

**DINNER**

Meatloaf with Mashed Potatoes and Green  
Bean Almondine

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

**Tuesday, June 24**

**LUNCH**

Shrimp Quesadilla with Peppers, Onions,  
Chipotle Sauce and Jack Cheese. Served  
with Salsa and Nacho Chips

**DINNER**

Spinach & Chicken Lasagna, Smothered  
Pork Chops in Onion Gravy, Rosemary  
Roasted Potatoes, Peas & Mushrooms,  
Roasted Vegetables, Warm Dinner Roll

**DELIVERY**

Choice of one entrée and 2 sides

**Wednesday, June 25**

**LUNCH**

Italian Style Flatbread--Pepperoni,  
Salami and Ham with Melted Provolone  
Pesto Sauce and a

Sundried Tomato Aioli Drizzle on top

**DINNER**

Fried Chicken, Stuffed Pepper Casserole,  
Mashed Potatoes, Macaroni & Cheese,  
Southern Green Beans & Potato,  
Stewed Okra and Tomatoes

**DELIVERY**

Choice of one entrée and 2 sides

**Thursday, June 26**

**LUNCH**

Cuban Sandwich Wrap--Shredded  
Pork, Ham, Swiss and Pickles served  
with Fried Plantains

**DINNER**

Sesame Chicken and Vegetables over  
Rice with a Fried Eggroll

**Friday, June 27**

**LUNCH**

Sausage and Bean Stew, Chicken  
Tender Parmesan, Roasted Zucchini  
& Squash, Sauteed Mushrooms and  
Artichokes, Parmesan Potato Wedges  
Garlic Buttered Dinner Roll

**DINNER**

Garlic Butter Beef Bites with Mashed  
Potatoes and Creamed Spinach

**Breakfast is Served from 8:00am-9:30pm**

**Lunch is Served from 11:30 m - 2:00pm,**

**Monday - Sunday Last seating at 1:15pm**

**Dinner is Served from 4:30pm - 7:00pm,**

**Monday - Friday Last seating at 6:15pm**