

July 25, 2015

The Towers Small Talk

We need you to sign up!!!!

- Retama Park - July 31st - only 6 signed up
- Wine Tour - August 6th - only 6 signed up
- Harlequin Theatre Presents: "Assisted Living" - August 15th - only 4 signed up

SIGN UP



Extra Events Around Town:

- ◆ Johnny P & The Wiseguys perform at Luna | Friday, July 31st | Price: \$10
- ◆ Adult's Night at The DoSeum | Friday, July 31st 6:30-9:00 PM | \$15-\$20 | phone: 212-4453 email: info@thedoseum.org
- ◆ Spy! The Exhibit at Rivercenter Mall | Price: \$15.50 - \$19.50 | Mondays - Saturdays 10:00 AM - 9:00 PM Sundays Noon - 6:00 PM | Tickets www.spytx.com



Note: The Towers will NOT provide transportation to these events.



Temperatures Are Rising....

The higher the moisture in the air, the higher the heat index. So even though it may be 95 outside for the ambient temperature, high heat index and high humidity could make it feel like 100.

But it doesn't have to be that hot to get sick. It can be in the low 70s. It depends on what kind of activity you are performing outside or even inside and how well your body is hydrated.

Remember that you should do outside activities in the morning or evening, but if you must do them in the middle of the day, stay hydrated and wear lightly layered, lightly colored clothing.

Military Women of The Towers

The next Quarterly Luncheon will be held on **Tuesday, August 11th at 11:30 AM** in the **Magnolia Room** (off the dining room). If you are a veteran and have not received a notice, please call Lorraine Potter at 822-1819 or put a note in box #2305. To ensure there will be adequate seating, we ask that you please RSVP. We order off the lunch menu and it is charged to your unit.



Attention Residents....

Are you having something delivered? Remember you must contact Jenny or Alex in Resident Services at least one week in advance before you schedule a delivery to ensure the elevator and loading dock are available. Weather it's one appliance or an entire move in/out, give us a call at 805-6283 or 805-6273 so we can book your reservation. Thank you for your cooperation.

Resident Services

7/29
9:30 AM
Iced Coffee
In the Ped Mall




8/13
3:00 PM
Guest Speaker
Program: Guide
Dogs of Texas

Note: rescheduled
from August 5th

Deli Specials

Monday: Philly Cheesesteak & Fries

Tuesday: Grilled Brats w/ Sauerkraut &

German Potato Salad

Wednesday: Chicken Fajitas w/ Spanish Rice & Fixings

Thursday: Chicken Chow Mein w/ Fried Rice

Friday: Fish & Chips

Saturday: Chicken Lasagna w/ Garlic Toast

Salad of The Week: Crab