

# TALK OF THE TOWERS

November 13, 2020



## WELLNESS CENTER UPDATES

- ◆ See Denice **no later than Mon., Nov. 16<sup>th</sup>** to pre-order a short / long sleeved T-shirt.
- ◆ On Thurs., Nov. 19<sup>th</sup> the second session of Sit-n-Fit / Chair Balance is cancelled. Is cancelled due to the Turkey Trot, that will start at 1PM.
- ◆ Denice will be away from the community on Friday, November 20<sup>th</sup> through Friday, November 27<sup>th</sup>. Pre-recorded fitness workouts will be linked to the Wellness calendar on the Towers website.
- ◆ There is still time to sign up with Gabie in Resident Services for the following events:
  - When I Fall - Part 1 on Mon., Nov. 16<sup>th</sup> at 2PM
  - When I Fall - Part 2 on Wed., Nov. 18<sup>th</sup> at 2PM
  - Turkey Trot on Thurs., Nov. 19<sup>th</sup> at 1PM
  - Denice, Wellness Center Specialist

## Associates of the Month for the month of October 2020:

**Front of the House:** Renee Childress, Deli Attendant  
**Back of the House:** Rosalva Rubio, Housekeeper

## Towers Art Club

**Wed., Nov. 18<sup>th</sup> | 3:30PM | Mimosa**

Are you interested in participating in a Towers Art Club? Future plans include presentations, guest speakers, tours, displaying your art, and any other ideas you would like to offer. Sign up at this meeting with your area of interest and expertise. Refreshments will be provided. If too many folks show up, we will schedule a second meeting.



-Judy Hooper, Unit #1707

## INSPIRATIONAL SERVICE ADVENT ACTIVITIES

The **Season of Advent** begins on Sun., Nov. 29<sup>th</sup>. During Advent, there will be two Inspirational Services broadcasted on Channel 1890. Sign-up at the Front Desk **no later than Fri., Nov. 27<sup>th</sup>** to receive an advent devotional bag, which will be delivered to your door Nov. 29<sup>th</sup>.

Mark your calendars now:

- Dec 6<sup>th</sup>: 2:30PM Virtual Inspirational Service with Communion; Ch, Maj Gen, Howard Stendahl (USAF, Ret.), preaching
- Dec 24<sup>th</sup>: 2:30PM Virtual Christmas Eve Service  
-Karen Stocks, Unit #316

## The Phantom Turkey

**Mon., Nov. 16<sup>th</sup> | 10AM | Front Desk**

The Phantom Turkey has come to town! Be cool, have fun, find more joy in living, by sharing in the spirit of thanks and giving. Stop by the Front Desk to receive your phantom turkey packet with instructions.



## Towers Photography Club

**Tues., Nov. 17<sup>th</sup> | 10AM | Mimosa**

We are forming a new photography group in The Towers, led by Tom Ommen, unit #1204. Possible activities for the photography club will be decided at this meeting, but sharing images, taking field trips together and improving our photography skills will be included. If more than 10 people show up, there will be a second meeting scheduled.



**Wed., Nov. 18<sup>th</sup> | 9AM | Oleander**

If you would like to schedule an appointment please call Audicles directly at (210) 820-0525. Audicles will be hosting a "Give the Gift of Better Hearing" event where you can nominate someone to win a free pair of hearing aids this festive season. To cast a nomination, visit [www.audicles.com/competition](http://www.audicles.com/competition). Nominations close on Nov. 30<sup>th</sup>.



## BALLROOM DANCE: LEARN HOW TO RUMBA

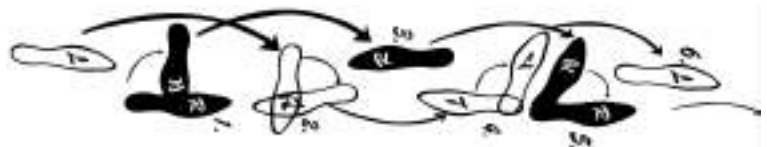
**Thurs., Nov. 19<sup>th</sup> | 3PM | Mimosa**

Why learn to dance? Short answer: It will benefit your body, mind and social life! Long answer:

- Reduces risk of dementia by 76% based on a 21-year study of senior citizens
- A low-impact activity that can help protect bone density and help prevent osteoporosis
- 30 minutes of dancing burns from 200-400 calories
- Improves heart health; endurance; lung capacity
- Raises your HDLs (good cholesterol); lowers LDLs (bad cholesterol)
- Improves strength, balance, coordination, and flexibility
- Lowers risk of type 2 diabetes
- Increases social activity which leads to improved self-esteem, lower stress levels, increased sense of purpose and a more positive outlook on life
- Helps increase endorphins which helps the body relieve stress and decrease depression
- Improves memory by making you recall steps, routines and dance patterns
- And the final reason...the lessons are free!!

The Global Council on Brain Health was established by AARP to identify things which improve brain health. The council has established the five pillars of brain health: move (exercise), relax (sleep enough and avoid stress, nourish (eat well), discover (think) and connect (socialize). The AARP senior vice president for policy says, "If there's only one thing you can do, "dance"! It's fun, it involves other people, it's exercise, and it challenges you to learn patterns and movements." Enough said!

-Tom & Betty Arbaugh, Unit #1814



# Masked Singer

Fri., Nov. 20<sup>th</sup> | 11AM & 2PM  
- Channel 1890 -

Guess which associate is behind the mask! Four of our courageous associates have volunteered to lip-sync a song for you while dressed in disguise; it is your job to guess who the masked singer is! On Fri., Nov. 20<sup>th</sup> please pick up your game card and drop off no later than 5PM with Resident Services.



## Afternoon Movie: A wrinkle in Time



Sat., Nov. 21<sup>st</sup> | 2PM | Channel 1890



Meg Murry and her little brother, Charles Wallace, have been without their scientist father, Mr. Murry, for five years, ever since he discovered a new planet and used the concept known as a tesseract to travel there. Joined by Meg's classmate Calvin O'Keefe and guided by the three mysterious astral travelers. The children brave a dangerous journey to a planet that possesses all of the evil in the universe.

-Film synopsis

If you would like to order a \$5.00 lunch that will be delivered to your unit, the menu will include hot ham and cheese sliders, chips, a cookie and soda of your choice. Sign up with the Front Desk **no later than Wed., Nov. 18<sup>th</sup>** for your meal.

## BILLIARDS TOURNAMENT RESULTS

This is the first time in a number of years that we have been able to have the ladies play their own match. We would love to have more ladies join us on Wednesdays for lessons at 1:30PM and the lessons are open to everybody. The first 30-40 minutes are used for lessons and the remainder of the time to practice. We have just finished the fall billiards tournament with a total of ten players. We had some great matches in singles, teams and ladies. Listed below are the winners:



### Singles

- 1st - Byron Denmon
- 2nd - Fidel Flores
- 3rd - Nino Martinez

### Ladies

- 1st - Linn Culbertson
- 2nd - Laura Wardrop

### Teams

- 1st - Fidel Flores/Leonard Thomas
- 2nd - L.J. Cott/Byron Denmon
- 3rd - Nino Martinez/Laura Wardrop

-L.J. Cott, Unit #1403

# Weekly Agenda & Shuttle Services

## Mon., Nov. 16<sup>th</sup>

- 7:30AM SAMMC - Off Site
- 8AM Painters - Bluebonnet
- 11AM Virtual Remembrance Program - Channel 1890
- 12:45PM Rummikub - Ped Mall
- 1PM Poker - Club 22
- 1PM Walmart - Off Site
- 1:45PM Line Dance Lessons - Mimosa
- 2PM When I Fall pt. 1 - Wellness Center

## Tues., Nov. 17<sup>th</sup>

- 8AM George's Art Corner - Bluebonnet
- 10AM Ft. Sam - Off Site
- 10AM Towers Photography Club - Mimosa
- 1PM Mexican Train Dominoes - Ped Mall
- 1PM HEB/Ross/Target - Off Site
- 2PM When I Fall pt. 2 - Wellness Center
- 3PM Virtual Bingo - Channel 1890
- 4:15PM Farkle - Mimosa
- 4:15PM For Get it Farkle - Club 22

## Wed., Nov. 18<sup>th</sup>

- 8AM Men's Prayer - Card Room
- 9AM Audicles - Oleander
- 9AM Budget & Finance - Channel 1890/Mimosa
- 9:30AM Lincoln Heights - Off Site
- 1PM Ft. Sam - Off Site
- 1PM Mahjong - Card Room
- 1:30PM Billiard's Lessons - Bluebonnet
- 3PM Caregiver Support Group - Club 22
- 3:30PM Towers Art Club - Mimosa

## Thur., Nov. 19<sup>th</sup>

- 10AM HEB (Austin Hwy.) - Off Site
- 10AM Needles and Thread - Bluebonnet
- 1PM Walmart (Austin Hwy.) - Off Site
- 1PM Turkey Trot - Backyard
- 2PM Billiards - Bluebonnet
- 2PM Virtual COVID Liaison Team - Channel 1890
- 3PM Ballroom Dance - Mimosa
- 3PM Centering Prayer - Club 22
- 3:30PM Music in the Ped Mall
- 5PM Rosary Group - Azalea

## Fri., Nov. 20<sup>th</sup>

- 7:30AM Half Day SAMMC - Off Site
- 11AM & 2PM Masked Singer - Channel 1890
- 1PM Mexican Train Dominoes - Ped Mall
- 1PM Poker - Club 22
- 4:15PM Farkle - Mimosa
- 4:15PM For Get it Farkle - Club 22

## Sat., Nov. 21<sup>st</sup>

- 9AM T'ai Chi Chih - Wellness Center
- 1PM 31 Card Game - Club 22
- 2PM Afternoon Movie: A Wrinkle in Time - Channel 1890

## Sun., Nov. 22<sup>nd</sup>

- 11AM Catholic Holy Communion - Mimosa
- 6PM Pinochle - Card Room

# Decorating the Christmas Tree

Fri., Nov. 27<sup>th</sup> | 10AM | Ped Mall

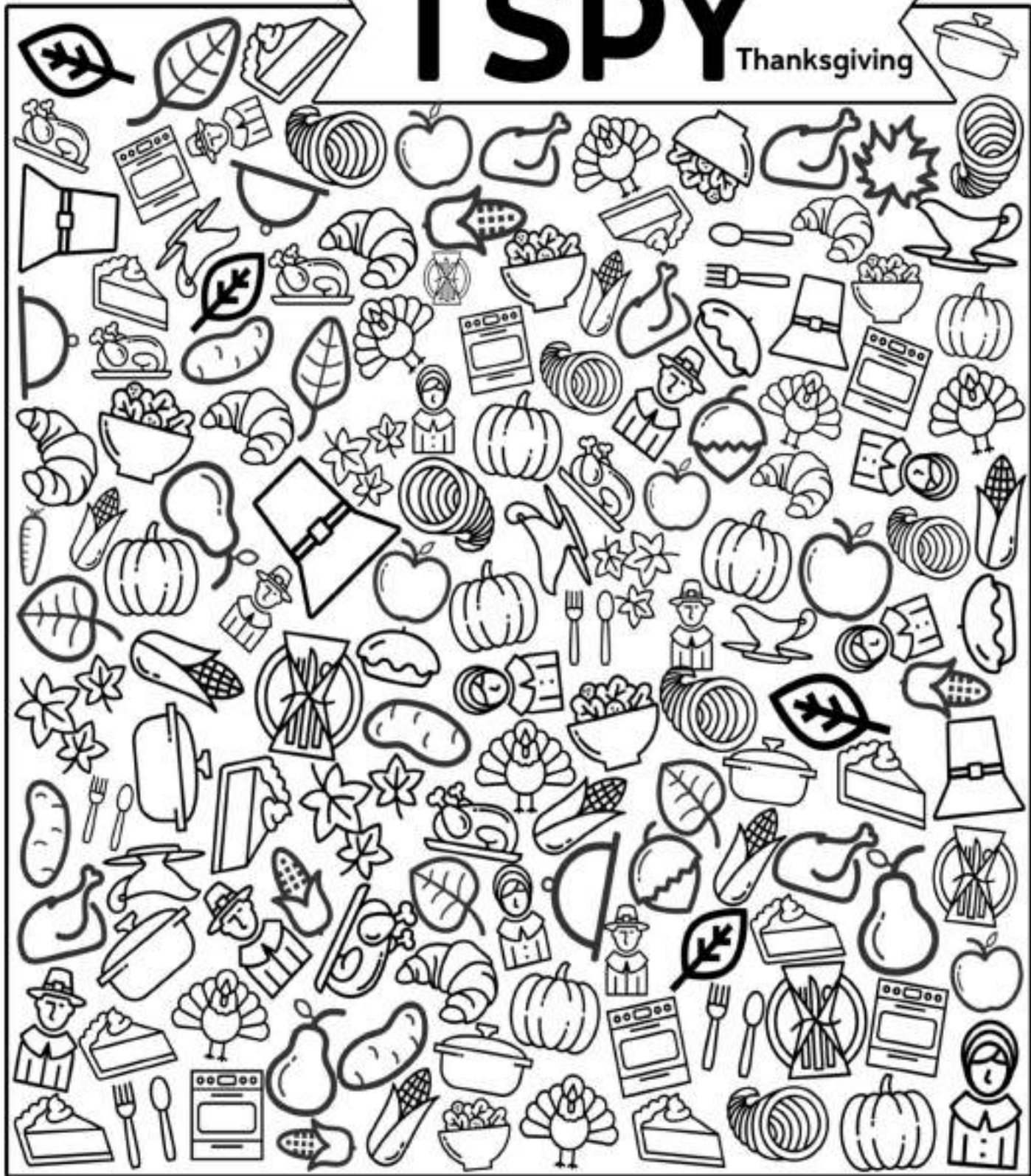


'Tis the season for some holiday fun! If you would like to volunteer to help decorate the Christmas tree with Resident Services please contact Gabie at (210) 805-6283 or stop by the office during business hours. All help is appreciated.



# I SPY

Thanksgiving



- |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 |  | 4 |  | 4 |  | 5 |  | 4 |  | 5 |  | 7 |  | 4 |  | 6 |  | 5 |  |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 5 |  |
| 3 |  | 3 |  | 4 |  | 6 |  | 2 |  | 7 |  | 5 |  | 9 |  | 6 |  | 3 |  |

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		<p><b>10</b> New Neighbor Coffee</p>  <p><b>5:30</b> Tree Lighting</p>	<p><b>3</b> Holiday Bingo</p>	<p><b>2</b> COVID Liaison Broadcast</p> 	<p><b>10:30</b> Holiday Shopping @ La Cantera</p> <p><b>2</b> Toys for Tots</p>	<p><b>2</b> Afternoon Movie: <i>A Christmas Carol</i></p>
6	7	8	9	10	11	12
	<p><b>10</b> Virtual Guest Speaker: Councilman Perry</p> <p><b>12</b> Ped Mall Treat</p>	<p><b>9</b> Activities Committee</p> <p><b>1:30</b> Cooking Workshop</p> 	<p><b>9</b> Food &amp; Beverage Committee</p> <p><b>2</b> Wrap-up Workshop</p>	<p><b>9</b> Facilities Committee</p> <p><b>2</b> COVID Liaison Broadcast</p> 	<p><b>9</b> Gingerbread Display</p> <p><b>2</b> Wassail "Pub" Run</p>	<p><b>2</b> Afternoon Movie: <i>Christmas Under the Star</i></p> 
13	14	15	16	17	18	19
	<p><b>10</b> Virtual Season's Greeting</p> <p><b>2</b> Towers 101</p>	<p><b>3</b> Christmas Coloring w/ Kahlua</p> 	<p><b>9</b> Audicles</p> <p><b>9</b> Budget &amp; Finance</p> <p><b>3</b> Holiday Bingo</p>	<p><b>9</b> Board of Directors</p> <p><b>2</b> COVID Liaison Broadcast</p>	<p><b>1</b> Operation Santa</p> 	<p><b>2</b> Afternoon Movie: <i>Christmas with the Kranks</i></p>
20	21	22	23	24	25	26
	<p><b>8:30</b> Gnome for the Holidays</p>	 <p><b>11</b> Travel Day</p>				
27	28	29	30	31		
	<p><b>10</b> Murder Mystery: Who Sleighed Santa?</p> <p><b>10</b> Hospitality Committee</p> <p><b>12</b> B &amp; A Celebration</p>			 		