

The Talk of The Towers

September 19, 2020

Wellness Center Update:

Starting Monday, September 21st, weekly fitness classes will be moved back to the Wellness Center from Club 22. All previous rules will still apply, the only change is the location.

Class	Session 1	Session 2
Water Wellness	7:15-7:45AM	8-8:30AM
Cardio/Strength Training	8:45-9:15AM	9:30-10AM
Core Power Yoga	10:15-10:45AM	11-11:30AM
Sit-n-Fit/Chair Balance	11:45AM-12:15PM	12:30-1PM



Virtual Game: The Price is Right

Fri., Sept. 25th | 2PM | Channel 1890

Come on down, you're the next contestant on the Price is Right! Resident Services is hosting their very own Virtual Game of the Price is Right. We are in need of contestants, otherwise the show will be cancelled. Residents may sign up now with Gabie in Resident Services to be a contestant on the show. There are limited spots available to participate. Tune into channel 1890 for more information. Deadline to sign up is Wednesday, September 23rd.

Virtual Cooking Demo



Tues., Sept. 22nd | 1:30PM | Channel 1890

The Towers' culinary team will demonstrate a quick lesson on various food options, some of which have become popular menu items. The Cooking Demo will be shown on channel 1890, but if you are interested in participating in the live audience, we have 9 spots available. Please sign up with Raul or the Front Desk to reserve a spot.

VIRTUAL SAFETY MEETING

Tues., Sept. 22nd | 2PM | Channel 1890

Information will be presented on:

- Fire safety and your responsibility
- How the fire alarm system works
- Procedures for evacuating the building
- Disaster preparedness



This meeting will be shown on Channel 1890.

Afternoon Movie: Instant Family

Sat., Sept. 26th | 2PM | Channel 1890



When Pete and Ellie decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child, but when they meet three siblings, including a rebellious 15-year-old girl, they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must try to learn the ropes of instant parenthood in the hope of becoming a family.

Premium Pack: mini brisket sliders, chips, cookie, and a soda.

Please see Raul or the Front Desk if you would like to order a movie combo, no later than Wed., Sept. 23rd.

Limit of 20 Premium Packs

TOWERS SHUTTLE SCHEDULE



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
*No Shuttle Services 	SAMMC 7:30AM-12PM (break for lunch) 1:30PM-3:45PM Walmart (Austin Hwy) 1-3PM	Ft. Sam 10-11:45 HEB 1-2:15PM Ross/Target 1-2:30PM	Lincoln Heights (1st & 3rd only) 9:30AM Ft. Sam 1-2:15PM	HEB (Austin Hwy) 10-11:15AM Walmart (Austin Hwy) 1-2:15PM	SAMMC (Half Day) 7:30-11:45AM	*No Shuttle Services

DELI SPECIALS

Monday:

Soup: Ham and navy bean
Entrée: BBQ leg quarters served with green beans and potato salad.



Tuesday:

Soup: Potato leek
Entrée: Spaghetti with meat sauce and garlic toast.

Wednesday:

Soup: Posole
Entrée: 2 crispy beef tacos with sour cream, lettuce, tomatoes, guacamole, salsa, cheddar cheese, and charro beans.

Thursday:

Soup: Lentil
Entrée: Chicken strip basket, with creamy coleslaw and shoestring fries.

Friday:

Soup: Shrimp bisque
Entrée: Grilled Asian salmon salad (field greens, mandarin oranges, fried wonton, crispy onions, tomatoes, and Asian vinaigrette).

Saturday:

Soup: Turkey noodle
Entrée: Chicken & dumplings

Served 11:30 AM-1PM, Mon-Sat



CAREGIVERS SUPPORT GROUP

Caring for a loved one with dementia or Alzheimer's disease is challenging and exhausting. Fatigue, depression, and sleep problems are common. Many caregivers feel overwhelmed and alone. This support group is a place where you can ask questions, get advice, and share your feelings and experiences. If you are a Towers' resident caring for someone with dementia or Alzheimer's and want to join the group, please contact: Karen Cabral @210-378-4339 (cell).

RSVP IS REQUIRED



CVS & H.E.B. Pharmacy Flu Shots

CVS | Tues., Sept. 29th | 9AM

H.E.B. Pharmacy | Wed., Sept. 30th | 9AM

Your local CVS & H.E.B Pharmacy will visit The Towers to provide seasonal flu shots. On the day of the event, you will need to have your insurance card and fill out a vaccine administration consent form. We still have open availability with H.E.B. Pharmacy. If you would like to sign up, please see Victoria or Gabie in Resident Services for more information.

Weekly Events

Mon., Sept. 21st

All Day Painters | Bluebonnet
12:45PM Rummikub | Ped Mall
1PM Poker | Club 22

2PM Towers 101 | Azalea

2:15PM Line Dance Lessons | Mimosa

Tues., Sept. 22nd

8AM George's Art Corner | Bluebonnet
1PM Mexican Train Dominoes | Ped Mall

1:30PM Virtual Cooking Demo | Channel 1890/Azalea

2PM Virtual Safety Meeting | Channel 1890

3:30PM Virtual Bingo | Channel 1890

4:15PM Farkle | Mimosa

4:15PM For Get it Farkle | Club 22

Wed., Sept. 23rd

8AM Men's Prayer | Card Room

9AM Budget & Finance Meeting | Channel 1890

1PM Mahjong | Card Room

1:30PM Billiard's Lessons | Bluebonnet

Thur., Sept. 24th

10AM Needles and Thread | Bluebonnet

2PM Billiards | Bluebonnet

2PM Virtual COVID Response Meeting | Channel 1890

3PM Centering Prayer | Club 22

5PM Rosary Group | Azalea

Fri., Sept. 25th

1PM Mexican Train Dominoes | Ped Mall

1PM Poker | Club 22

2PM Virtual Game Price is Right | Channel 1890

4:15 Farkle | Mimosa

4:15PM For Get it Farkle | Club 22

Sat., Sept. 26th

9AM Tai Chi Chih | Club 22

1PM 31 Card Game | Club 22

2PM Afternoon Movie: Instant Family | Channel 1890

Sun., Sept. 27th

6:30PM Pinochle | Card Room



BIG THANK YOU TO ALL

A sincere Thank You to all the residents and staff who continued to inquire about my health issues during the past 2 months. Your concern has been most encouraging to me. A special Thank You to Pat McDaniel # 1415 for taking me to BAMC ER.

-Bill Bergstrom # 1608



Lost: A gold nugget that hangs from a necklace. It is a flat piece a little smaller than your pinkie finger. Please contact Clara Bergstrom # 1608 if found.



FALL WORD SEARCH

Fall Word Search

C U W V B F K S Q S W H A R V E S T H G
O Y S M A N T A T O U U O G K R P M L E
A C F D F O O T B A L L W B T Q W O Z B
S E E Z Z A G E R Y N T U E N I B E X R
W J P N X T B U W A A P P L E C I D E R
E A U O A H U D C N U T U U U N C T A Q
A P R V S A U U R K K P P Z M H R B C T
T P L E A N N O J Y S R P C U P A G I C
E L E M J K C A D B E F W K E U K Y M K
R E A B U S K F Y O P L I O H Z E I Y B
P S V E L G P H L N T Z H P S J S Q N O
Q Q E R S I Q A W F E Y E M U W E Q J O
J N S O M V V C N I M C O Q N R M W K T
T B M E K I F Z B R B R Y C F K N L J S
V Y A P N N Q K G E E A V G L U T A A O
V N R R D G H N A B R U Q T O O N I G V
C Y A O O P I Q O N H T X F W J Z Y P E
L C X F E A L T K O E U W Z E S U P P B
R D E F I D C W K O Q M Z Q R B F Z U S
D R Q R J O V Z O Y W N C J G R K N E U







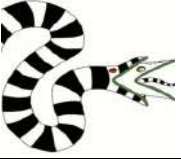




CORN
AUTUMN
BONFIRE
BOOTS
OCTOBER
RAKE

THANKSGIVING
HARVEST
LEAVES
CARNIVAL
APPLES
APPLE CIDER

PUMPKIN
FOOTBALL
SWEATER
NOVEMBER
SEPTEMBER
SUNFLOWER



October Special Events Calendar

S	M	T	W	T	F	S
				1	2	3
				<u>2</u> Virtual COVID Liaison Meeting	<u>10-3</u> Fall Festival 	<u>2</u> Afternoon Movie : <i>Halloweentown</i>
4	5	6	7	8	9	10
		<u>10</u> Grab-n-Go New Neighbor Coffee <u>2</u> Virtual Management Forum <u>3</u> Virtual Bingo	<u>10</u> Masked Singer 	<u>2</u> Virtual COVID Liaison Meeting	<u>11</u> Travel Day 	<u>2</u> Afternoon Movie : <i>Bettlejuice</i> 
11	12	13	14	15	16	17
	<u>2</u> Towers 101	<u>9</u> Activities Committee <u>1:30</u> Virtual Cooking Demo <u>3</u> Virtual Bingo	<u>9</u> Food & Beverage Committee <u>9</u> Early Voting	<u>9</u> Facilities Committee <u>2</u> Virtual COVID Liaison Meeting		<u>2</u> Afternoon Movie : <i>Casper</i>
18	19	20	21	22	23	24
		<u>3</u> Virtual Bingo	<u>9</u> Audicles <u>9</u> Budget & Finance Committee <u>9:30</u> Early Voting	<u>2</u> Virtual COVID Liaison Meeting		<u>2</u> Afternoon Movie : <i>It's the Great Pumpkin Charlie Brown</i>
25	26	27	28	29	30	31
 	<u>10</u> Pumpkin Trail Begins <u>11:30</u> B & A	<u>9</u> Board Of Directors Meeting <u>1:30</u> Virtual Cooking Demo <u>3</u> Virtual Bingo	<u>11:30</u> Spiders To-Go	<u>2</u> Virtual COVID Liaison Meeting	<u>10</u> Pumpkin Trail Voting Ends	<u>2</u> Afternoon Movie : <i>Hocus Pocus</i> 