

Talk of The Towers

Christmas Holiday Schedule

Dec. 24: All administrative offices will close at 3PM and Front Desk will close at 4PM

Dec. 25: All administrative offices will be closed; Front Desk will operate from 7AM-4PM

- ◆ No transportation to Ft. Sam, HEB or Ross
- ◆ No Wellness Center classes
- ◆ The Deli will be closed
- ◆ The Gardenia Room and Room Service will closed for dinner

Dec. 28: Normal business hours will resume

Just as a reminder...

Per the Resident Handbook, after hours and weekends RSO is to be contacted for work orders. RSO will notify Maintenance for emergencies after hours; you remain responsible for notifying Maintenance during duty hours. For any questions, contact Matt Hefner at 210-805-6271.



Gnome for the Holidays

Mon., Dec. 21 | 8:30AM | First Floor

Penny has just informed us that due to the pandemic she has to self-quarantine upon her arrival and is unable to participate in this year's *Elf on the Shelf*. However, we have another friend that plans to be *gnome* for the holidays and is more than happy to help. Stop by the Front Desk to visit with Penny and pick up your activity sheet to participate in this year's Christmas scavenger hunt. Once you have completed the activity, please return the form to Resident Services to be entered in a raffle.

Virtual Travel Day

Tues., Dec. 22 | 11AM | Channel 1890

Flight 209 is departing to Europe! Join Rick Steves for a colorful, musical celebration of Christmas across Europe. He will take you on a magical journey from England to Wales, France, Norway, Germany, Austria, Switzerland, and Italy. You will see the bright Christmas markets, hear local choirs, and see holiday traditions! Book your flight at the Front Desk **no later than Mon., Dec. 21 to reserve your plane ticket and travel kit.** There are only 20 seats available on the plane, so hurry!

MURDER MYSTERY: WHO SLEIGHED SANTA?

Mon., Dec. 28 | 10AM | Front Desk



"The spirits of the citizens are dampened in Christmas City with the recent news of a heinous murder on Snowball Street. None other than Old Saint Nick was gunned down in cold blood! Currently, a vigorous investigation is underway, and the residents of Christmas City have become increasingly suspicious of each other." Join us in solving the case! The **deadline to sign-up is Thurs., Dec. 24 at noon.** Packets will be available at the Front Desk on **Mon., Dec. 28 at 10AM.** Once you have solved the mystery, please return to Resident Services for a special prize no later than **Mon., Jan. 4.**

NEW YEAR'S EVE

Goodbye 2020... finish the year with The Towers New Year's Eve celebration in The Gardenia. Come dressed to impress and to ring in the new year in style! Enjoy a fabulous dinner for \$19.00 (per person) with a complimentary glass of champagne. Two seating options are available. You will be entertained by the musical stylings of Sonja Westberg, professional harpist, from 5:30-8PM. Residents may also request a special NYE kit that can be delivered to your unit. To make reservations or to order a NYE *Charc & Champagne* kit for \$16.00 (feeds 2 people), please contact Theresa in Food & Beverage at 210-805-6265.

Happy New Year 2021

Fri., Jan. 1 | 11:30-1PM | Deli

Hello 2021... Kick off the Year with The Towers New Years Day traditional lunch served out of the Deli. It is believed this meal will bring you good luck and good fortune in the upcoming year. The full menu can be found in the information hub behind the Front Desk.

Water Volleyball

Water Volleyball is scheduled for Friday mornings, **starting Jan. 8.** If the Wellness Center doors are closed, please enter quietly in case a class is in progress. Water volleyball is now considered a Special Interest Group (SIG). As a SIG, the players need to follow the COVID-19 protocol. We, Kay & Tom Baker, volunteered to be the SIG contacts and can be reached at baker.tk15@gmail.com or via our home phone at 210-236-8980. Participation will be on a first come, first serve basis since only 10 are allowed to play. Let's have some fun!

Parklane West Therapy Event

Fri., Jan. 8 | 2PM | Mimosa

Save the date! Our new Outpatient Therapy Program will be rolling out in January of 2021. We will be visiting The Towers to do a screening for possible therapy needs. Please sign up with Resident Services if you are interested.

Some of the benefits for this type of service is to help residents receive rehab services in their home setting. This is not a Home Health Program that includes nursing services. This will be strictly therapy driven. If nursing services are needed, you will need to contact a Home Health Agency.

Some of the benefits are the following:

- Easy to qualify: you are not required to be home bound or to limit freedom and daily life.
- Specialized services: these include physical therapy, occupational therapy, speech therapy and maintenance programs.
- Customized care plans: therapists are available up to five days a week to meet your individual needs, and can offer several expert safety recommendations to make their home a safer place to live.

Our overall goal is to help individuals age in place and feeling one is "at home" is a major aspect of aging in place. Offering seniors these services will help them stay independent as long as possible.

-Charlie Alonzo, Parklane West Representative

Weekly Agenda

Mon., Dec. 21

7:30AM SAMMC - Off Site
8AM Painters - Bluebonnet
8:30AM Gnome of the Holidays - First Floor
12:45PM Rummikub - Ped Mall
1PM Poker - Club 22
1PM Walmart - Off Site
1:45PM Line Dance Lessons - Mimosa

Tues., Dec. 22

8AM George's Art Corner - Bluebonnet
10AM Ft. Sam - Off Site
11AM Travel Day - Channel 1890
1PM Mexican Train Dominoes - Ped Mall
1PM HEB/Ross/Target - Off Site
4:15PM Farkle - Mimosa
4:15PM For Get it Farkle - Club 22

Wed., Dec. 23

8AM Men's Prayer - Card Room
~~9:30AM Lincoln Heights - Off Site~~
1PM Ft. Sam - Off Site
1PM Mahjong - Card Room
1PMLine Dance - Mimosa
1:30PM Billiard's Lessons - Bluebonnet
6PM Pinochle - Card Room

Thur., Dec. 24

10AM HEB (Austin Hwy.) - Off Site
10AM Needles and Thread - Bluebonnet
1PM Walmart (Austin Hwy.) - Off Site
2PM Billiards - Bluebonnet
2PM Virtual COVID Liaison Team - Channel 1890
~~3PM Ballroom Dance - Mimosa~~
~~3PM Centering Prayer - Club 22~~
5PM Rosary Group - Azalea

Fri., Dec. 25



Sat., Dec. 26

9AM T'ai Chi Chih - Wellness Center
1PM 31 Card Game - Club 22

Sun., Dec. 27

11AM Catholic Holy Communion - Mimosa



Coach's Corner

IMPORTANT WELLNESS CENTER HIGHLIGHTS

- **Thursday, December 24th**—Online Video Classes
- **Friday, December 25th**—Christmas Day (No Classes)
- **Thursday, December 31st**—Online Video Classes
- **Friday, January 1st**—New Year's Day (No Classes)
- **Monday, January 4th**—Regular Class Schedule

A Special Message from Denice...



Let's make it a great year by putting health and fitness first. Remember, listen to your body and only do what you can. I am always available and willing to offer any tips and suggestions, so feel free to reach out at anytime.

HOW TO GET INVOLVED WITH FITNESS CLASSES

Getting started can be overwhelming, but the following tips will help encourage and motivate you to get active.

- ◆ Contact Denice by phone at 210-805-6281, email at Dtrevino@thetowersonparklane.com, or by leaving a note.
- ◆ Visit the Wellness Center webpage on the Towers website.
- ◆ Schedule a one-on-one coaching appointment with Denice.
- ◆ Attend a class with a friend.



Virtual Wellness Rally
Tuesday, Jan 5th | 1890 | 9AM & 1PM

Let's make 2021 about you! It is important to focus on creating new, healthy habits, positive thinking, and staying physically active. Making resolutions and changes to your lifestyle can be overwhelming, so start the year off on the right foot by putting your personal wellness first. We will be broadcasting a special event where Denice will explain the various fitness classes including their skill level.

Don't forget to tune in!

FITNESS THEMES OF FOCUS

- ◆ **Fitness Component of the Month:** Stamina
- ◆ **Health Benefit of Stamina**
 - To improve the body's ability to sustain a physical activity or mental effort for a prolonged period.
- ◆ **Fitness Objective**
 - To reduce fatigue and exhaustion and increase physical endurance.
- ◆ **Fitness Challenge:**
 - This month a timer will be used when exercising. The goal is to increase the amount of time of exercise and reduce the rest period to boost stamina.

New month.
 New beginning.
 New mindset.
 New focus.
 New start.
 New intentions.
 New results.



CLASS SCHEDULE

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

S	M	T	W	T	F	S
<h1>January</h1> <h2>SPECIAL EVENTS CALENDAR</h2>					1 <i>Happy New Year</i>	2
3	4 <u>10</u> Upcycled Art DIY 	5 <u>9</u> Virtual Wellness Rally <u>10</u> Grab-n-Go New Neighbor Coffee <u>1</u> Virtual Wellness Rally <u>2</u> Virtual Management Forum	6 <u>11</u> Travel Day: Europe 	7 <u>2</u> Virtual COVID Liaison Meeting	8 <u>2</u> PLW PT Event	9 <u>9</u> I Spy on Saturday 
10	11 <u>10</u> Virtual Trivia: Who am I? <u>2</u> Towers 101	12 <u>9</u> Activities Committee <u>1:30</u> Virtual Cooking Demo	13 <u>9</u> Food & Beverage Committee <u>3</u> Afternoon Bingo	14 <u>9</u> Facilities Committee <u>2</u> Virtual COVID Liaison Meeting	15	16 <u>2</u> Afternoon Movie: <i>Selma</i> 
17	18 <u>10</u> Tour of the National Civil Rights Museum MLK Day	19 <u>2</u> Sundae on a Tuesday 	20 <u>9</u> Audicles <u>9</u> Budget & Finance	21 <u>2</u> Virtual COVID Liaison Meeting	22 <u>11</u> Rummage Sale 	23 <u>9</u> Saturday Word Search
24	25 <u>10</u> Hospitality Committee <u>11:30</u> B&A Celebration	26 <u>9</u> Board of Directors <u>10</u> Town Hall Meeting	27 <u>10</u> 50's Bingo <u>4</u> Mozart Concert Session	28 <u>2</u> Virtual COVID Liaison Meeting	29	30 <u>2</u> Afternoon Movie: Remember the Titans <hr/> 31