

Birthday & Anniversary Celebration

Mon., Jan. 25 | 11:30AM | Ped Mall

If you celebrated a birthday or anniversary in the month of January, Resident Services will be serving cake truffles with your choice of vanilla or chocolate ice-cream! If you would like to donate the cake and/or ice-cream in celebration of your birthday or anniversary, please contact Resident Services at (210) 805-6273. The names of those who graciously donate will be posted as a way to recognize them at the party. Hope to see you there!

Virtual Special Members Meeting

Tues., Jan. 26 | 10AM | Channel 1890

Your participation for a quorum is imperative to conduct the Co-Op's business. Registration will begin at 9:15AM at your door. The meeting will start promptly at 10AM. If you would like to make a reservation to speak in the meeting please contact Betty Hurt, Board Secretary at (210) 826-1155

Due to the special meeting, the Board of Directors meeting has been rescheduled for 1PM.

50'S VIRTUAL BINGO

Wed., Jan. 27 | 10AM | Channel 1890

Join us for a special game of 50's Bingo! Stop by the Front Desk to receive 50's-themed bingo cards (max of 2 cards per resident) on Wednesday morning. Sign up with the Front Desk **no later than Tues., Jan. 26.**

MOZART CONCERT SESSION

Wed., Jan. 27 | 4PM | Channel 1890

Wolfgang Amadeus Mozart was born on Jan. 27, 1756. He was a genius composer of the classical era. In honor of his birthday, we are showing *The Marriage of Figaro* performed by the Eklund Opera Program at the University of Colorado in three (1 hour) parts from Jan. 27 - Jan. 29 at 4PM.



COVID-19 Vaccinations

The second round of Covid-19 vaccinations will commence Sun., Jan. 31 and Mon., Feb. 1. Vaccines will be administered in the atrium. After receiving the vaccine you will be required to wait for a brief period in The Gardenia. This will mean The Gardenia will be closed for brunch on Sunday. Brunch will be served out of the Deli by to-go only. On Monday seating will not be available in the Ped Mall for lunch, seating will be available in The Gardenia. Thank you for your cooperation.

Afternoon Movie: LA BAMBA

Wed., Feb. 3 | 3PM | Channel 1890



On this day in 1959, three young rock and roll musicians died in a plane crash in Clear Lake, Iowa. The date is often dubbed as, "The Day the Music Died", in reference to the lyrics of Don McLean's *American Pie* song of 1971. Buddy Holly, JP Richardson (aka The Big Bopper) and Ritchie Valens, along with pilot Roger Peterson, are the victims of that plane crash. In honor of this day, Resident Services will be airing *La Bamba*; a movie about a Los Angeles teenager Ritchie Valens becoming an overnight rock 'n' roll success in 1958, thanks to a love ballad called "Donna" that he wrote for his girlfriend whose parents didn't want her dating a Latino boy.

If you would like to order a \$5.00 lunch that will be delivered to your unit, the menu will include a chili cheese hotdog, chips, a cookie and a soda of your choice. Sign up with the Front Desk **no later than Mon., Feb. 1** for your meal.

AFTERNOON MOVIE: Remember the Titans

Sat., Jan. 30 | 2PM | Channel 1890



"In 1971 high school football was everything to the people of Alexandria. But when the local school board was forced to integrate an all black school with an all white school, the very foundation of football's great tradition was put to the test. ."

-Film Synopsis

If you would like to order a \$5.00 lunch that will be delivered to your unit, the menu will include a hot ham and cheese sandwich, chips, a cookie and a soda of your choice. Sign up with the Front Desk **no later than Wed., Jan. 27** for your meal.



Residents can sign up for all events **bolded** on the February Special Events calendar in advance. Details about each event will be available at the Front Desk at the beginning of each month and will continue to be published in the in Talk of The Towers on a weekly basis.

WEEKLY AGENDA

Window Cleaning

The next window cleaning is scheduled to begin on **Thur., Jan. 28**. All windows will be washed except for the balcony windows which are accessible by your Housekeeper. They will work around the building starting on the 24th floor and work their way down each vertical line of windows until they have completed the entire building. This will take approximately one to two weeks for completion.

Valentine's Day



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

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|-------|----------|------------|------|
| CANDY | DOVES | TREATS | LOVE |
| CARDS | FEBRUARY | VALENTINE | KISS |
| CUPID | FLOWERS | SWEETHEART | PINK |
| DEAR | FRIENDS | RED | HUG |

Mon., Jan. 25
 7:30AM SAMMC - Off Site
 8AM Painters - Bluebonnet
10AM Hospitality Committee - Oleander
11:30AM B&A Celebration - Ped Mall
~~12:45PM Rummikub - Ped Mall~~
~~1PM Poker - Club 22~~
 1PM Walmart - Off Site
 1:45PM Line Dance Lessons - Mimosa

Tues., Jan. 26
~~8AM George's Art Corner - Bluebonnet~~
10AM Special Members Meeting - Channel 1890
 10AM Ft. Sam - Off Site
~~1PM Mexican Train Dominoes - Ped Mall~~
 1PM HEB/Ross/Target - Off Site
1PM Regular Board of Directors Meeting - Channel 1890
~~4:15PM Farkle - Mimosa~~
 4:15PM For Get it Farkle - Club 22

Wed., Jan. 27
 8AM Men's Prayer Group - Card Room
10AM 50's Virtual Bingo - Channel 1890
~~9:30AM Lincoln Heights - Off Site~~
 1PM Ft. Sam - Off Site
~~1PM Mahjong - Card Room~~
 1PM Line Dance Lessons - Mimosa
~~1:30PM Billiard's Lessons - Bluebonnet~~
4PM Mozart Concert - Channel 1890
~~6PM Pinochle - Card Room~~

Thur., Jan. 28
 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~~
4PM Mozart Concert - Channel 1890
~~5PM Rosary Group - Azalea~~

Fri., Jan. 29
 7:30AM Half Day SAMMC - Off Site
~~9:30AM Water Volleyball - Pool~~
~~1PM Mexican Train Dominoes - Ped Mall~~
~~1PM Poker - Club 22~~
4PM Mozart Concert - Channel 1890
~~4:15PM Farkle - Mimosa~~
 4:15PM For Get it Farkle - Club 22

Sat., Jan. 30
~~9AM Tai Chi Chih - Wellness Center~~
~~1PM 31 Card Game - Club 22~~
2PM Afternoon Movie: Remember the Titans - Channel 1890

Sun., Jan. 31
COVID Vaccination Clinic
 11AM Catholic Holy Communion - Mimosa

Coach's Corner

IMPORTANT WELLNESS CENTER HIGHLIGHTS

- ♥ **Friday, February 5th thru Friday, February 12th**—Only online video classes will be available during Denice's absence.
- ♥ **New Added Feature:** When in person classes resume, they will be extra "special" by having the expertise of personal training and real-time coaching. Residents will exercise to pre-recorded videos which Denice has created for improving cardiovascular endurance. During these classes, Denice will personally advise each Resident on how to get the most benefit from this training.

FEBRUARY FITNESS GOALS:

♥ **Fitness Component of the Month:**

- ♥ Cardiovascular Endurance

♥ **Fitness Objective:**

- ♥ Combine stamina, specificity, and FITT (frequency, intensity, time, and type) training principle to improve cardiovascular endurance.

♥ **Health Benefit:**

- ♥ To improve the ability of the lungs, heart, and blood vessels to deliver adequate amounts of oxygen to the body during physical activity.

♥ **Fitness Challenge:**

- ♥ Workouts will focus on heart pumping exercises to improve cardiovascular endurance. Be prepared to increase your heart rate!

♥ **Coach's Message of the Month:**

- ♥ I am looking forward to providing the specialized one-on-one coaching experience to help you maintain correct form while recognizing changes to the intensity, time, and type of exercise activity.



HEALTH AWARENESS TOPICS

- ♥ American Heart Month
- ♥ National Senior Independence Month
- ♥ National Wear Red Day—Friday, February 5th

DID YOU KNOW:











- For maximum results and to improve cardiovascular endurance the target heart rate should be between 60—80% of your maximum heart rate.
- The human heart weighs less than 1 pound. However, a man's heart, on average, is 2 ounces heavier than a woman's heart.
- A woman's heart beats slightly faster than a man's heart.
- The beating sound of your heart is caused by the valves of the heart opening and closing.
- If you were to stretch out your blood vessel system, it would extend over 60,000 miles.
- Laughing is good for your heart. It reduces stress and helps boost your immune system.

Find the path to a healthier heart.



ONLINE CLASS SCHEDULE

<u>Class</u>	<u>Session 1</u>	<u>Session 2</u>
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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	COVID Vaccination Clinic	 10 New Neighbor Coffee	 3 Afternoon Movie: <i>La Bamba</i>	2 COVID Liaison Team Meeting	 7:30 Cowboy Breakfast 3 Chili Cook-off	
7	8	9	10	11	12	13
2:30 Inspirational Services	 2 Towers 101	9 Activities Committee 1 Cooking Demo: Home Edition	9 Food & Beverage Committee 3 Virtual Valentines Bingo	9 Facilities Committee 2 COVID Liaison Team Meeting	 4:30 Valentines Dinner	
14	15	16	17	18	19	20
 Valentines Day		 11:30 Mardi Gras Ped Mall Treat	9 Audicles 9 Budget & Finance Committee 10 Ash Wednesday Services	2 COVID Liaison Team Meeting	 2 Happy Hearts	
21	22	23	24	25	26	27
	11 Hospitality Committee COVID Vaccination Clinic	9 Board of Directors 11:30 B&A Celebration	3 Virtual Bingo	2 COVID Liaison Team Meeting	10 Travel Day: New Orleans 	
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<i>Events/activities BOLDED require you to sign up with either the Front Desk or Food & Beverage.</i>						