

July 2019

# Talk of the Towers

**HAPPY BIRTHDAY!!!!**

Jane McCallhan 7/4: Valeriy Kupershteyn 7/9: Kay Hensley 7/12: Leah Timmons 7/17: David Commeau 7/20: Ruth Crew 7/20 Richard Brake 7/24: Deborah Edwards 7/25: Mary Jane Bell 7/25

Please join us in the Multipurpose Room Tuesday, July 30th @ 1:00 pm as we celebrate these very special people. Cake and ice cream will be served.

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Game Night Fridays from 6:00-8:00 pm  
Bingo Mondays and Saturdays @ 6:00 pm

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**Bus Trips**

Please see the calendar for all bus activities. Sign up at the front desk.

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The COFFEE SHOP is open Mondays/Wednesdays/  
Fridays from 8:30-10:00 am

The SNACK SHOP is open Tuesdays/Thursdays  
from 2:00-4:00 pm

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**Walk with Ms. Veronica**

Wednesday, July 10th and 24th @ 7:00 am meet Mrs. Veronica on the boardwalk with water for an early morning walk.

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**JULY 2nd**

**Seleta Owens w/ Encompass**

**Presentation—"Dehydration"**

**UNF**

Visiting nurses will be here, Friday, July 5th for health screening and crafts. The 11th for glucose screening.

And their last day with us is Thursday the 18th for health screening and more crafts.

All events will be held in the Multipurpose Room

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**JULY 3rd @ 11:30**

**COOK-OUT w/ burgers and dogs**  
**Come celebrate the 4th of JULY**

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**HAPPY 4th of JULY**

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**JULY 5th @ 11am**

**Care Max Pharmacy**

**Join them for a presentation & BRUNCH**

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**Vision is Priceless**

**Free Eye Exams**

**Monday, July 8th from 10am to 12am**

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**Trivia with Marvin**  
**Monday, July 8th @ 1:00 pm cash prizes for the winners in the Multipurpose Room.**

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**Tuesday JULY 9th @ 9:30**

**FIELD TRIP to the CUMMER ART MUSEUM**  
**And BOTANICAL GARDENS**

**Cost is \$6.00**

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**July 9th @ 6pm**

**Resident Association Meeting**

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**July 10th @ 1pm**

**Deerwood Place Assisted Living**  
**Presentation w/ Tea and Sandwiches**

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**JULY 11th @ 6:30pm "VESPARS"**

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**July 12th @ 1pm**

**HUMANA— BINGO & PRIZES**

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**JULY 16th @10am here at the Towers**  
**SENIORS on a MISSION**  
**"Mats of Love"**

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**JULY 17th @ 2pm**

**ICE CREAM SOCIAL**

Also Total foot care will be here

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**JULY 18th**

At 12 noon FARM SHARE is returning with food

At 1pm BINGO-Prizes w/ Dave from Welcare

At 2pm UNF nurses / screening and crafts

At 5pm "POT LUCK DINNER

Busy Day Huh?

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**JULY 19th @ 1pm**

**NEW PROVIDER**

**AMERICAN CARE CLINIC**

**BINGO & ICE CREAM**

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**JULY 22nd @ 1pm**

**Movie & Popcorn**

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**JULY 23rd @ 9:30am**

A great Field Trip and learning experience

At the Museum of Science and History (MOSH)

There is only a \$6.00 cost to explore their facility

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**JULY 24th**

**Fire and Water Town Hall Meeting**

Attendance is "MANDATORY"

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**JULY 29th @ 1pm**

**Community Hospice**

"Protect the one your with"

Your favorite TRIVIA nurse will be here.

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**JULY 30th**

Bus leaves for Piccadilly Cafeteria for a brunch@

10:30

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**Then @1pm**

**HAPPY BIRTHDAY PARTY**

Everyone is welcome

**JULY 26th @ 2pm**

**CASH IN YOUR TOWER BUCKS**

Grand prize for the most bucks is \$50.00

You must have attended the activities or events for the  
grand prize

Other items will be available to purchase with your  
bucks

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**THAT'S ALL FOLKS**

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**NOTE FROM THE SERVICE COORDINATOR**

I want to say thanks to everyone for more attendance to  
our events and activities. I search out providers and  
people that will be able to help all of you to live longer,  
healthier and happier lives while you are here at the  
Towers of Jacksonville. However, believe it or not, I don't  
know everything. So if you have any ideas or sugges-  
tions of an event or projects you want to be involved  
with ,please let me know.

Have a Great JULY

June 2019

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## Announcements

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*Unit Inspections will be performed by the following schedule. Wednesday, July 3rd – 10th floor. Wednesday, July 10th– 9th floor. Wednesday, July 17th– 8th floor. Thursday, July 25th– 7th floor. Please make sure your apartments are clean and tidy. Lease violations will be issued to those not in compliance. Please make sure all animals are safely contained.*

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### MOMMA T's

Beauty salon is open Mon. thru Sat. from  
10am to 2pm

Please call to make an appointment

904-321-6937

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Ronald McDonald's food pantry is full  
Please only donate paper goods  
New in wrapper

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Sign up at front desk for field trips