

August 2019

Talk of the Towers

Tuesday, 8/6

HAPPY BIRTHDAY!!!!

**Pam Clark-8/1; Lewis Trammell-8/2;
Bonnie Hughes- 8/4; Denis Malcolm-8/4
Catherine Swiggett- 8/5; Tamara Pitsevits- 8/15
Gilbert House- 8/15; Joseph Graham- 8/16
Farkhondeh Hor- 8/16; Margarita Markosov- 8/17
Betty Maynard- 8/18; Luis Rodriquez- 8/20
Jerry Riggins- 8/23; Doris Slodoski- 8/26
Marilyn Moore- 8/27; Cllleen Hardy- 8/29
Mary Wakefield- 8/30; Thomas Jones- 8/31
Georga Mazes- 8/31**

**Please join us in the Multipurpose Room Tuesday,
August 27th @ 1:00 pm as we celebrate these very
special people. Cake and ice cream will be served.**

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

Bus Trips

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

**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**

Juan's Fruit and vegetable truck

River side parking area

Thursday's at 11:30

Walk with Ms. Veronica

**Wednesday, August 14th and 28th @ 7:00 am meet
Mrs. Veronica in the lobby with water for an early
morning walk.**

VOLUNTEER SHEETS

**If you volunteer here or anywhere please let
your Service Coordinator know and fill out
Volunteer forms and turn them in by the 3rd**

**The bus is going to Olly's Bargain store, and then taking
you to the Golden Corral for lunch. The cost is around
\$10.00**

Then @ 1:00 pm

**Seleta Owens, with Encompass
Is coming to speak about "Immunizations"**

Wednesday, 8/7 @ 1:00pm

**Dedicated Senior Medical Center
Giving you health care options and snacks**

Then @ 3:00 pm

**Resident/ Staff Meeting
Everyone PLEASE attend**

Thursday, 8/8 @ 11:am

**Have LUNCH with NOBLE HOUSE assisted living
Presentation about long term after care**

Friday, 8/9 @ 1:00 pm

Humana— ICE CREAM SOCIAL

Monday, 8/12 @ 1:00 pm

TRIVIA with Marvin

Quarters will be flying around the room

Tuesday, 8/13 @ 2:00pm

Aging True coming again and bringing BINGO and PRIZES

Then @ 6:00 pm

Resident Association Meeting

Thursday 8/15 @ 5:00 pm

POT LUCK DINNER

Bring a dish or \$5 and enjoy a meal, and

Great fellowship

Tuesday, 8/20 @ 10:30 am

Health Markets

Presenting Health options with BRUNCH and a RAFFLE

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I ♥
August

Tuesday, 8/20 @ 10:00am

Field Trip to: CATTY SHACK

Go on a n educational tour, learning about the Habitat of Tigers, Lions and all types of wild CATS
This is a cost of \$10.00 and we need to fill the bus up with 14 people. Sign up sheet will be in the multi-purpose room. Bring a lunch with you or \$4.00 for a light lunch at the SHACK. HAVE FUN

“ Sign up only if your sure your going”

ALSO on 8/20 @ 2:30pm

Dermatologist will be here

Sign up sheet will be in the multi-purpose room

Wednesday, 8/21 @ 2:00pm

ICE CREAM SOCIAL

Enjoy a dish of ice cream with all the toppings

Thursday, 8/22 @ 1:00pm

Dave with Welcare

Play Bingo and win prizes– Check out your Welcare options

Friday, 8/23 @ 1:00pm

American Care Clinic

Presenting Medical care options while playing BINGO and munching on SNACKS

Monday, 8/26 @ 1:00pm

Towers Cinema presents

Movie and Popcorn

This months feature is

“O Brother, Where Art Thou?”

Tuesday, 8/27 @ 11:00am

PUBLIX PHARMACY

(It's flu season again, get your flu shots today)

Bring your insurance cards with you.

A \$10 gift card will be handed out to those that

Get Immunized

Friday, 8/30 @ 2:00pm

CASH IN TOWER BUCKS

Grand prize is \$50.00 to the person that attended the most events and activities

Other items will be available for you to purchase with your BUCKS

Jewelry SALE going on during this event

All items on sale for \$5.00 (real money)

UNIT INSPECTIONS

Thursday, 8/1	6th floor
Thursday, 8/8	5th floor
Thursday, 8/15	4th floor
Thursday, 8/22	3rd floor
Thursday, 8/29	2nd floor

LABOR DAY is coming up in September

Let's have a COOK OUT on Monday, September 2nd

Look for the sign up sheet in the multi- purpose room

Momma T's Beauty Solon

Call Tammy for an appointment @

904-321-6937

What happened this month / 100 years ago/

[Aug 24](#) Cleveland pitcher Ray Caldwell is flattened by a bolt of lightning

[Aug 25](#) 1st scheduled passenger service by airplane (Paris-London)

QUIZ

You drop an egg on a concrete floor without cracking it. How is that possible?

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Message from your Service Coordinator

WOW

It's August already

Time seems to be moving fast these days.

Don't put off your health care to the last minute.

**This month we have put together presentations
that offer multiple options for you to consider.**

**Attend these presentations, they will help you with
making good decisions about your health needs.**

**Medicare and Medicaid benefits are constantly
changing. You might be covered this month but it may
not be the same next month. Don't get that medical
bill in the mail that you thought was covered by your
insurance and now it's not.**

Be vigilant with your health and insurance benefits.

**If you are in need of home medical equipment
such as a walker, rollator, wheel chair, or any
equipment to help you navigate your daily living,
and you want your insurance to cover the cost,
you should see your doctor and ask him/her to
prescribe that item for you. You then take the
prescription to a provider to obtain that item.**

**There will probably be an out of pocket co-pay.
See me first, sometimes there is equipment donated
to us, and you will be welcome to it.**

**There are lots of fun things happening this month as
well. Keep an eye on the calendar and join us.**

I pray, my friends, you stay healthy and happy.