

January, 2020

Talk of the Towers

HAPPY BIRTHDAY!!!!

Dorothy Townsend, 1/1– Joyce Grivainis, 1/8

Yevgeniya Tregubova, 1/11

Milagros Fonseca, 1/17– Linda Kirtsey, 1/19

Lucy Nagy, 1/19– Lois Evelin, 1/20

Boris Bogin, 1/21– Hasan Kalatsi, 1/22

Joy Robinson, 1/25– Gloria Villafane, 1/25

**Please join us in the Multipurpose Room
Tuesday, January 28th @ 1:00 pm as we celebrate these very special people. Cake and ice cream will be served. All are invited.**



**Join us in the kitchen for
Coffee Time**

Monday, Wednesday & Friday

8:30– 10am and

Snack Bar

Tuesday and Thursday 2pm–4pm

**Come play BINGO on Saturday and Monday
nights in the card room @ 6pm and Game**



Night on Fridays @ 6pm

Good time to Socialize

And have some fun

Hop on the Bus Y'all

Monday thru Friday

We start loading up at 9:15 and leave at 9:30

Keep an eye on your calendar for destinations and

Sign up at the front desk to insure your seat



HAPPY NEW YEAR

Staff is OFF New Years Day

This is a voting year

There are 3 election periods

**Presidential Preference Primary Election
March/17**

The Primary Election / August 18

The General Election / November 3

**The Duval County Supervisor of Elections is
Offering Supervised Voting here at the Towers.
They will bring a ballot to you so you don't have
to go anywhere to vote.**

**You must sign up for this program by Jan. 5th.
See Marvin (Service Coordinator) to sign up.**

Important Town Hall Meeting

Friday, January 3rd @ 1pm

**Everyone was given literature about the new
“Smart Burners” that are being installed, starting
this month. Management would like the
opportunity to explain the process to you and
discuss other issues. It is very important that all
residents attend this meeting so we can be on the
same page.**

**We will also be checking your smoke detectors
and any maintenance issues that need to be
addressed.**

**We will do this each week, floor by floor.
Keep an eye on your bulletin boards for the
scheduled time on your floor.**

**All Russian speaking residents will be meeting at
3pm with a translator to go over these same
issues**

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Service Coordinator's Corner

I would like start this New Year off by saying thank you, to all of you, for making my first year here one to remember.

Your welcoming kindness has made me want to do more to bring to you events and activities that will build your health and uplift your spirits.

You have elected a new Resident Association President, Mr. Timothy Isom, and I am looking forward to working with him to bring new and exciting things to the Towers of Jacksonville

Your suggestions and ideas are important.

I cannot stress enough how I would like to see more of you get involved in your neighborhood activities and the events that are presented to all of you each month.

Your participation keeps people coming.

Get up and get out and be a part of

"Make the Towers Great Again"

Campaign

Let's start a New Year Resolution together.

More Energy— More happiness

More excitement— More fellowship

More Food

EVERYTHING POSITIVE

I have an open door policy.

Please feel free to bring any ideas to my attention. Or you can leave a message @ 904-379-6401

**Let's make 2020
A Great New Year**

Managers Corner

My New Year Resolution is that WE see **Results in 2020**

Many of us are dreamers, in 2020 become doers.
Make your thoughts actions and become pursuers.

Don't make resolutions without an action plan.

The secret to success is right in your hands.

Thomas Edison discovered more than 1000 ways,
to not invent a bulb of light,
But eventually, through perspiration, he found the
solution to get it just right.

If he had stopped at nine hundred ninety-nine,
You'd be reading in the dark, and might miss a line.

Take the first step, do something outrageous,
The act of doing, will become quite contagious.
Accomplishments will come closer each day,
Don't just wish, but act and pray!

Don't let pride ever cause you to stumble,
Baby steps are still progress and keep us humble.
It's better to move slowly then to turn or hide,
Keep your eyes focused, let God be your guide.

At the end of the year, you'll discover you've been
moving, Much closer to the goals, you have always
been pursuing. It won't all happen on January one,
But with faith, hope, and action, you will get the
job done.

HAPPY NEW YEARS TOWERS RESIDENTS!!!

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Newly Elected Resident Association Officers

Tim Isom— — — President

Dawn Pope— — Vice President

Betty Covington— — Secretary

Linda Kirtsey— — Treasurer

Aerobics and Yoga with Rachel Low impact chair exercise

These classes are offered every Monday and Thursday. We need 8 people to attend these classes to keep Rachel coming. Make exercise

A thing to do this New Year

Volunteers

I know many of you volunteer your time at places outside the Towers and at events here at the Towers. Part of my job as Service Coordinator is to keep track of the hours you spend and the locations where you volunteer. There are forms at the front desk and in the SC Office. Please fill out these forms each month and turn them in at the end of the month. Thank You.

Seniors on a Mission

Looking for volunteers to help. Residents wanting to do something positive for our Jacksonville community and charitable organizations. Each month they send a bus to the Towers of Jacksonville, and pick up people to go to a location where you make things with your hands that will benefit the needy. If your looking to give back and help the community, this is a great opportunity.

Lunch is also served each month.

**SOAM will be here Thursday @ 9:30,
January 30th**

1920— 100 years ago

Woodrow Wilson was President.

John F. Kennedy, Ella Fitzgerald, Dean Martin, Dizzy Gillespie. and baseball pitcher Johnny Sain were only 3 years old.

The average income in America in 1920 was \$800 a year.

Bread was 9 cents and a first class stamp was 2 cents.

The average cost of a house was \$6,313 and The average cost of a car was \$360.

An ounce of gold was valued at \$20.72.

Let's go on a Field Trip

**Tuesday, January 21 the bus leaves for
Jimmy John's Sub Sandwich restaurant
@ 11:30 am for lunch**

**And @ 1pm we will take a tour of
SWEET PETE'S Candy Factory**



**Watch how candy is made and you can
make your very own chocolate bar.
Bring enough money to get a sub and
\$5 to take the tour of the factory.
Get a treat to be sweet**

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CLASSICAL GUITAR CONCERT

Mr. Jeff Bianchi has traveled all around the country performing classical music
He will be performing here at the Towers of Jacksonville on Tuesday, Jan. 7th @ 2p
Please join us in the multipurpose room for a special musical event.

Paid for by our Advisory Board (snacks included)

January Schedule (Keep an eye on your calendars for days and times)

1/7 @ 1pm Encompass (low vision presentation)	— 1/21 @ 1pm Dermatologist
1/14 @ 11am 70's Luncheon	—1/22 @ 2pm Podiatrist
1/14 @6pm Resident Association Meeting	—1/24 @ 1pm Movie and Popcorn
1/15 @ 1pm Ice Cream Social	—1/29 @ 1pm Trivia w/ Marvin
1/16 @5pm Pot Luck Dinner	

On a personal note : On behalf of my wife Leah Timmons and myself, I want to thank the many residents for cards of condolence. I especially thank those who expressed personally their care and concern for the loss of their friend. We shared 42+ wonderful years of life and love together and I miss her so very much. -Frank-

Happy New Year

H appiness depends upon your outlook on life. - Find the good in all situations

A ttitude is just as important as ability.- Keep your attitude positive

P assion find yours this year! - Do what you love and you will never work

P ositive thoughts make everything easier.- Stay focused and stay positive

Y ou are unique, with special gifts, use them. - Never forget you have talent

N ew beginnings with a new year.

E nthusiasm a true secret of success.

W ishes may they turn into goals.

Y ears go by to quickly, enjoy them.- Wisdom from your elders, listen

E nergy may you have lots of it. - Take care of yourself

A ppreciation of life, don't take it for granted. - Live each day

R elax take the time to relax in this coming year.- Keep a balance in your life