

Sept. 2019

Talk of the Towers

HAPPY BIRTHDAY!!!!

Lyudmila Kirillova- 9/9; Ronnie Sellers-9/10;
Cheryl McDowell-9/16; William Hare-9/18;
Linda Muse-9/18; Carol Moore-9/18;
Nadezhda Taran9/18; Yelena Moik-9/19
Maura Moynihan-9/23; Dabney Pickard-9-27

Please join us in the Multipurpose Room Tuesday,
September 24th @ 1:00 pm as we celebrate these
very special people. Cake and ice cream will be
served. All are invited.

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

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

Monday, 9/2 @ noon
Labor Day Cook Out

Food, Fun and Fellowship

\$5.00 for a great meal

Tuesday, 9/3 @ 1pm

Pain Awareness Month

With Seleta Owens @ "Encompass"

Join the presentation about
MEDICATION MANAGEMENT

Friday, 9/6 @ 1pm

Ice Cream Social

With Melvin At HUMANA

Tuesday, 9/10

Take the bus to lunch

Sakura Buffett- Japanese Cuisine

The bus will start loading at 10am

Tuesday, 9/10 @ 1pm

Spring Park Pharmacy presents

"Medication Trivia"

Have some fun, win prizes, enjoy a snack

Wednesday, 9/11 @ 1pm

"Word That Song"

Starring Bonnie Hughes

Fill in the missing words to the songs

Prizes for 1st, 2nd, & 3rd place winners

Thursday, 9/12 @ 11am

"My Choice Housecalls"

A MUST attend presentation about

Doctors that do house calls

Monday, 9/16 @ 1pm

Trivia with Marvin

Answer some challenging questions

See how much you know

QUIZ

Give me food, I will live

Give me water, I will die

What am I ???

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Tuesday, 9/17

Field Trip

Kingsley Plantation

During the eighteenth and nineteenth centuries, many people came to Florida. Some, like Zephaniah Kingsley, sought to make their fortunes by obtaining land and establishing plantations. Others were forced to come to Florida to work on those plantations, their labor providing wealth to the people who owned them.

Some of the enslaved would later become free land-owners, struggling to keep their footing in a dangerous time of shifting alliances and politics. All of these people played a part in the history of Kingsley Plantation.

**Enjoy a historical tour given by a
National Forrest Ranger**

Then we'll take the ferry across the St. Johns River and stop at the unique restaurant on the other side called Singletons that has some history of it's own. Eat a seafood lunch and call it a day.

Bus will leave around 9:30

We would like to see a full bus. This is a great time to get out in nature and learn about some of Jacksonville's history.

Sign up sheet will be in the multipurpose room

What happened this month/ 100 + years ago/

**September 3, 1908: Orville Wright began flight testing
the Wright Flyer for the army at**

Ft Meyers , Fl.

September 1, 1939 @ 5:30 am

Hitler's Army invaded Poland starting

World War 2 in Europe

Tuesday 9/17 @ 6pm

Resident Association Meeting

All residents should attend this meeting.

It is a great opportunity to learn about events and activities happening at the Towers.

It's also a good time to voice your opinion and have some input on what goes on.

Thursday, 9/19 @ 12:30

VyStar Credit Union

This presentation is the beginning of an on going series of presentations. This month will be on

SCAMS and FRAUD

Please attend as this is a very important issue

Friday, 9/20 @ 11am

"Encompass" returns with blood pressure checks

Tuesday, 9/24 @ 1pm

Happy birthday PARTY

All residents are invited for cake and celebration

Wednesday, 9/25 @ 2pm

Come in and join us for an ice cream Social

Thursday, 9/26 @ 9am

Seniors on a Mission

Be a volunteer and help those in need

And @ 1pm

Dave with Welcare is back with

BINGO and PRIZES

Friday, 9/27 @ 2pm

CASH IN YOUR TOWER BUCKS

Grand prize is a \$50 prepaid card

Monday, 9/30 @1pm

The Towers Cinema presents

"The Body Guard"

Must be over 18 to attend

Popcorn and soda will be served

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Message from your Service Coordinator

Be Aware of

SCAMS- FRAUDS and ROBOCALLS

Scammers are broadcasting TV commercials claiming that all you need is your Medicare number and you can get "free or low cost" medical equipment. Hogwash; don't fall for it. You need a doctors prescription to get any type of equipment, from a leg brace to a wheel chair. These scammers are attempting to get as much information that they can and are coming after senior citizens. NEVER give anyone your Medicare, Social Security or bank card number over the phone.

Also, when you get a phone call and you do not recognize the number calling, don't answer. If they want to talk to you, they can leave a message. If it turns out to be someone you know, then add them to your contact list so when they call again, you will know who it is.

This eliminates Robocalls and sales marketers trying to offer you a deal you just can't refuse.

If it sounds too good to be true, it probably is.

Coming up in October

October is Breast Cancer Awareness month.

Jeannie Blaylock with channel 12

Is coming to the Towers on October 7th to discuss the Buddy Check 12 program. She would like for our residents who have ever used this program or is a breast cancer survivor, to share their story. Or if you know of anyone that is a survivor ask them if they would like to come on the 7th to join in the discussion.

BE PREPARED

We are getting ready to have some bad weather.

The Towers of Jacksonville will be 100% evacuated if we have a mandatory evacuation notice from the National Weather Service. Management needs to know where you are going if this should occur.

There will be a sign out sheet for you to sign when you do leave at the front desk.

Even if we do not evacuate, you should be prepared for a power outage. Have plenty of supplies, food and water ready.