

Talk of The Towers

January 18, 2020

Deli Specials For the Week of Jan. 20th - 25th

Monday:

Salisbury Steak w/ Mashed Potatoes & Mushroom Gravy | Soup: Lentil

Tuesday:

Citrus Pork Stir Fry | Soup: Minestrone

Wednesday:

Chicken Enchiladas, Refried Beans & Guacamole Salad
-Soup: Italian Bean-

Thursday:

Sloppy Joe, Baked Beans & House-made Chips
-Soup: Chicken Noodle-

Friday:

Catfish Po'boy w/ Green Goddess Fries
| Soup: Seafood Gumbo

Saturday:

Fried Chicken, Green Beans, Mashed Potatoes & Country Gravy | Soup: Chefs Choice

★★★★★ Congratulations! ★★★★★

Associates of The Month for December 2019:

Front of the House: Darla Riley, Accounting Specialist

Back of the House: Nathaniel Reeves, Cook

Associate of the 4th Quarter:

Patricia Hernandez, Deli Supervisor

Associate of the Year for 2019:

Alexandria Hernandez,
Executive Administrative Assistant



Fri., Jan. 31st | 7:30PM | Off Site

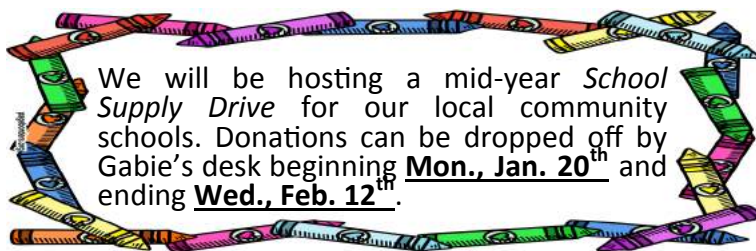
Come see one of our Towers Residents, Mr. Crotteau, perform in *The Unexpected Guest* at the Harlequin Theatre. Tickets start at \$20 and can be purchased at the door. A transportation reservation is required with Gabie or the Front Desk. More information to come in next weeks Small Talk.



On January 19, 1987, the Commission and the City of San Antonio held its first official Martin Luther King, Jr. March. Each year, a variety of educational, inspirational and celebratory events honor one of the nation's most revered civil rights leaders.

The signature event, the annual Martin Luther King, Jr. March, is scheduled for **Monday, January 20th, 2020**. The march will begin at 10:00 a.m. at the MLK Academy located at 3501 MLK Drive and end at Pittman-Sullivan Park, 1101 Iowa ([march route and info](#)). More information can be found on www.sanantonio.gov/mlk. Towers transportation will not be provided but Residents are still encouraged to attend.

Management will soon be conducting a quarterly inspection of the Parking Garage. Please ensure your vehicle is properly registered with Alex in the Admin. Office and that you have a Tower's parking decal on your vehicle, placed above your state registration sticker. Thank you for your cooperation.



We will be hosting a mid-year *School Supply Drive* for our local community schools. Donations can be dropped off by Gabie's desk beginning **Mon., Jan. 20th** and ending **Wed., Feb. 12th**.

Just so you know... ? !

- There will not be any Ballroom Dance classes during the month of February. Classes will resume in March.
- The Gardenia Room will be having a *Mardi Gras* themed dinner Tuesday, February 25th at 4:30PM.

AGING WELL: Grief & Loss



Throughout life we are faced with loss and grief. Loss always hurts, and grief is our response to loss. It is a natural and necessary response with many dimensions. The journey is not an easy one but one that must be made. In this meeting, we will discuss the 5 Stages of Grief, as defined by Swiss psychiatrist Elisabeth Kubler-Ross. There is no typical grief path but there are often common themes. You will also learn how to take care of yourself during the grieving process and, ultimately, find your way to healing and return to daily life.

Thurs., Jan. 23rd | 1PM | Mimosa

-Karen Cabral, Unit #2209



Week 1: Feb. 2nd-8th



Inspirational Worship Service

Sun., Feb. 2nd | 2:30PM | Mimosa
Guest preacher will be Rev. Howard "H" Stendahl, retired Air Force Chief of Chaplains and an ordained minister of the Evangelical Lutheran Church of America. Communion will be served. All residents and guests are invited and encouraged to attend.

-Lorraine Potter, Unit #2305



Sun., Feb. 2nd | 4:30PM | Club 22
Save the date! Bring your favorite Super Bowl dish to share. The bar will be open until the end of half time. Betting will begin at 4:30PM, so be sure to bring dollars. Reservations are not required. Everyone is invited to come and cheer on your favorite team!

-Margaret Canby, Unit #715



Mon., Feb. 3rd | 12PM | Off Site
"When the moon hits your eye, like a big pizza pie, that's amore!" Make plans to enjoy New York styled pizza that is just a short drive away. A transportation reservation is required with Gabie or the Front Desk.

LINE DANCE

**Mon., Feb. 3rd, 10th, 17th & 24th
2:15PM | Mimosa**

Join The Towers Line Dance class as Towers resident Fran Lineweaver leads the dance lessons. The class has been revamped, giving all levels of dancers the opportunity to dance their levels.

- 2:15PM- New dancers, but everyone can come if they like.
- 2:30PM - Beginners
- 3:00PM - The harder dances



No experience is necessary and everyone is welcome to join the fun.

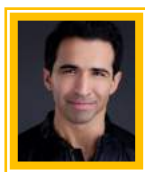
-Fran Lineweaver,
Unit #814

Olmos Ensemble Presents: CELEBRATIONS OF NATURE

Mon., Feb. 3rd | 6:30PM | Off Site
Join Olmos Ensemble for a classical music concert featuring the epic work of: Beethoven's *Violin Sonata No. 5, Spring*; Ewazen's *Ballade, Pastorale and Dance*; and Dvorak's *Sextet, Op. 81, arr. Jolley. Celebrations in Nature* is performed by Olmos Ensemble members and features guest artists Eric Gratz on violin, Mark Teplitsky on flute, Paul Lueders on oboe, Ilya Shterenberg on clarinet, Sharon Kuster on bassoon, and Jeff Garza on horn. A suggested donation of \$15-\$20 is accepted as a form of admission at the door. A transportation reservation is required with Gabie or the Front Desk.

NEW NEIGHBOR COFFEE

Tues., Feb. 4th | 10AM | Ped Mall
Some of the greatest and most interesting conversations start with a cup of joe and an occasional doughnut. This is a great opportunity to meet and welcome the new comers, as well as mingle with neighbors. It's the perfect blend! Please remember to wear your name tags. All Residents are invited to attend.

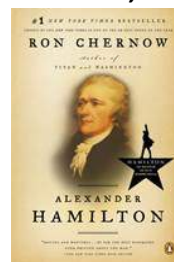


Tuesday Musical Club
Presents:
TENOR RAFAEL MORAS

Tues., Feb. 4th | 1PM | Off Site
An alumnus of UTSA, LA Opera's Domingo-Colburn-Stein Young Artist Program and Santa Fe Opera's Apprentice Program for Singers, Rafael Moras is the featured performer for the Tuesday Musical Club. Rafael is a two-time recipient of Santa Fe Opera's Richard Tucker Fund Award; two-time finalist in Houston Grand Opera's Eleanor McCollum Competition and grand finalist of Metropolitan Opera National Council Auditions. For more information or to purchase tickets, visit at <https://satmc.org/> or call 210-710-7582. A transportation reservation is required with Gabie or the Front Desk.

Towers Literary Club

Tues., Feb. 4th | 7PM | Club 22



The TLC monthly meeting was held on Tues., Jan. 7th, at 7:00PM, in Club 22. The book for discussion was *Where the Crawdads Sing* by Delia Owens. The biography & remarkable career of the author was presented. The book was reviewed and presented several questions for discussion to the members about the plot and the remarkable rise and achievements of the main character, Kya Clark, the so-called "Marsh Girl". The group held an engaging dialogue about the plausibility of Kya's transformation from an isolated girl to a successful ecologist, author, and educator. For the February meeting, the book will be *Alexander Hamilton* by Ron Chernow and for March, *Killer Angels* by Michael Shaara. Members chose to review and discuss *Esther and the Genius* by Mo H Said.

-Mo H. Saidi, Unit #2401

Happy Hearts

Move More, Live More
Wed., Feb. 5th | 12:30PM
-Wellness Center-

Every heartbeat matters and improving cardiovascular endurance is an important step to achieving a healthier heart. Let's celebrate American Heart Month by moving more with exercise. Residents will learn how exercise affects their heart rate by engaging in a special circuit training workout suitable for all levels. All exercise activities will be timed, and Residents will record their pulse after exercise. Please sign up with Gabie or the Front Desk to attend this event to ensure adequate room and equipment is provided. Denice is seeking volunteers to assist with each station. **Deadline to sign up is Mon., Feb. 3rd.** Light refreshments will be served for recovery.

DON IRWIN

Wed., Feb. 5th | 2:30PM | Ped Mall
Don Irwin continues to thrill music connoisseurs across the United States with his unique and innovative one man show. Irwin's passionate, show-stopping musical prowess creates an atmosphere that is both warm and invigorating, leaving audiences spellbound and overjoyed. Please plan to stop by and have a listen.



AGING WELL: Understanding Alzheimer's & Dementia

Thurs., Feb. 6th | 1PM | Mimosa
Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking, and behavior. Join Karen Cabral and a speaker from the Alzheimer's Association as they present on the following:

- Explore the relationship between Alzheimer's disease and dementia
- Examine what happens in a brain affected by Alzheimer's
- Learn the risk factors and three general stages of the disease
- Identify FDA-approved treatments available to treat some symptoms
- Look ahead to what's on the horizon for Alzheimer's research
- Obtain helpful Alzheimer's Association resources.

-Karen Cabral, Unit#2209

SAFETY ORIENTATION

Thurs., Feb. 6th | Mimosa
2PM Floors 2-12
3:15PM Floors 14-24

It is extremely important that each resident be familiar with the evacuation procedures. These sessions will help you understand the procedures our staff must use when responding to a fire alarm or other emergency. If you are unable to attend the session scheduled for your floor, feel free to attend either one of the meetings.

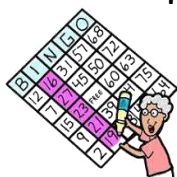


Week 1 Continued...

EVENING BINGO!

Thurs., Feb. 6th & Mon., Feb. 17th

7PM | Mimosa/Azalea



Evening BINGO is very popular and the payout makes it even better. Make sure to bring your quarters. There will be six (6) games played at \$0.25 per person, per card, per game. The last game will be played at \$1.00 per one (1) card, per person, and it will be a straight bingo. The more players there are, the more money can be won! Sign up is not required. Hope to see you there!

-L.J. Cott, Unit #1403

-Jim Ernst, Unit #1402



COWBOY BREAKFAST

Fri., Feb. 7th | 7:30AM | Ped Mall

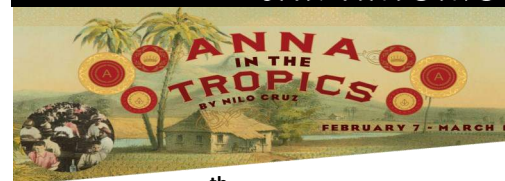
Yeehaw! Giddy up on over for a rootin' tootin' good time! The Towers will hold its annual cowboy breakfast starting at 7:30AM with music by Keith Owens. Denice will be hosting a fun 10-minute "danceathon" for anyone who wants to giddy up onto the dance floor. (Remember, February is American Heart Month, so let's get the heart pumping by dancing.) There will also be cowboy rodeo games and prizes for all to enjoy. The menu will include a breakfast taco station (Barbacoa, Bean & Cheese, Potato & Egg, and Sausage & Egg), Biscuits and Gravy, Farmers Breakfast Scrambled, Bacon, Sausage Patties, homemade Salsa, Pico De Gallo, and Petite Sticky Buns and Cinnamon Rolls. The cost per person is \$7.75 and will be available to-go. Mimosas and Bloody Mary's will be offered at an additional cost. Please note, the Deli will be closed for breakfast. No need to sign up, just mosey on down, and don't forget to wear red or cowboy attire.



Fri., Feb. 7th
3PM | Ped Mall

Can you cook up an amazing pot of chili? We want you to show it off at our Annual Chili Cook Off! A prize will be awarded to the Best Chili Cooker. **To participate, please sign up with Veronica Valdez in Resident Services no later than Fri., Jan. 31st.** This is a free event for all Towers Residents. Come by and vote for the best chili in 2020 The Towers has to offer.

THE Classic Theatre SAN ANTONIO



Fri., Feb. 7th | 7PM | Off Site

Nilo Cruz's, Pulitzer Prize-winning drama is set in 1929, Florida, in a Cuban-American cigar factory, where cigars are still rolled by hand, and "lectors" are employed to educate and entertain the workers. The lector reads Anna Karenina as the play delves into desire, power, rivalry, secrets and love. As the lives of a Cuban immigrant family begin to intertwine with the scandalous lives of Tolstoy's characters, we ask what do we need to feel loved and alive? Ticket prices start at \$19 and may be purchased by calling the box office at 210-267-8388 or by visiting their website at <https://www.woodlawntheatre.org/>. A transportation reservation is required with Gabie or the Front Desk.



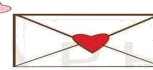
Sat., Feb. 8th | 2:30PM | Ped Mall

Bunco is a social dice game involving 100% luck and no skill (there are no decisions to be made here), scoring and a simple set of rules. Bunco is open to all Residents, even if you have never played. Please contact Kay Perez, Unit #1707 if you are interested or have any questions.





Week 2: Feb. 9th-15th



Sun., Feb. 9th | 6PM | Ped Mall

Come down and join neighbors for a fun night of games and food. Single residents are asked to bring a dish to serve 6-8; couples please bring enough to feed 10-12. Main dishes, salads, vegetables and desserts are needed. Those wishing to play cards, Farkle, Mexican Train or other games can do so after dinner. Let's get together and have fun! For more information or if you would like to help, contact Margaret Canby, Unit #715.



Mon., Feb. 10th | 1PM | Off Site

Let's rodeo San Antonio! Take out your cowboy hats and dust off your boots for the annual San Antonio Stock Show & Rodeo! You will get to explore Texas' western culture and tradition, animals and agriculture, Texas wildlife expo, catch world-class entertainment, taste fun fair food, browse the shops at the rodeo, and enjoy the carnival. **Admission to grounds is \$5.00 for anyone 65 years or older and \$12.00 for adults.** Residents may purchase tickets at the door. A transportation reservation is required with Gabie or the Front Desk.

TOWERS 101

Mon., Feb. 10th | 2PM | Azalea

Towers 101 is designed to help new and current Residents not only understand the lay of the land but the roles and services each department handles. In Towers 101, Residents can expect a tour of the first floor, a quick presentation from a department representative along the tour, and a question and answer session at the end of the tour. Sign up is required with Gabie or the Front Desk.

Military Women of The Towers Quarterly Luncheon

**Tues., Feb. 11th | 11:30AM
Magnolia**

Military Women of The Towers will meet for their quarterly luncheon. Lunches will be ordered from the menu and charges will be added to your unit. If you are **unable to attend, please** let Lorraine Potter know (210-822-1819, in-house box #2305, or email rocky.lorraine34@gmail.com). This helps with planning for the correct number of place settings.



Towers Travelers

Wed., Feb. 12th | 1:30PM | Club 22

Please stop by and join in on the conversation of travel ideas. For more information you can contact Gloria Munoz at 210-826-1912. No sign up needed, just come by.

AFTERNOON BINGO!

Wed., Feb. 12th | 3:30PM | Ped Mall



Come down to the Ped Mall and enjoy a fun game of BINGO! Make sure to bring your quarters. Each card is \$0.25 per game, and five games are played. The more players there are, the more money can be won! Other special prizes will be awarded to winners as well. Sign up is not required. Hope to see you there!

Treat of the Month: Sweetheart Shakes

Thurs., Feb. 13th | 12PM | Ped Mall



Are you ready for the day of love? Stop by to receive a special sweet treat from Resident Services. There is no charge for this event and all are welcome to stop by while supplies last.



Thurs., Feb. 13th | 2PM | Gardenia

The Food and Beverage team will be hosting kitchen tours every 2nd Thursday of the month. Please see Louie if you would like to sign up for this tour. There is limited space, so be sure to sign up quickly!



Thurs., Feb. 14th | 4:30PM | Ped Mall

Make plans to spend this Valentine's Day with your Towers community. Love is celebrated all across the world, so join us as we take you and your taste buds on a journey. The menu will consist of: Moroccan Orange and Beet Salad, Lebanese Fattoush Salad, Caribbean Confetti Rice, English Hasselback Potatoes, Greek Chicken Souvlaki, Spanish Meatballs in Tomato Sauce, French Mussels in white wine sauce, German red berry pudding, South American Caramel filled shortbread Cookies and Italian Hazelnut Chocolate Mousse. **The price for the buffet is \$10.00 per person** and will be available for to-go orders. Live music will be **from 5:30-7:30PM**. Please note, the Gardenia Room, Room Service and Club 22 will be closed. No reservations required.



Sun., Feb. 16th | 2PM | Off Site
 There's trouble in River City! When smooth-talking con man Harold Hill arrives in town to dupe the residents with his elaborate moneymaking scheme; despite his complete lack of musical literacy, he will convince everyone that he is a brilliant bandleader. As Harold struggles to keep his scheme afloat, he also finds himself increasingly attached to the townspeople, who have all experienced a positive change since Harold had come to town. Complicating matters even more, Harold has also fallen head-over-heels for the beautiful Marian. Ticket prices start at \$24 and may be purchased by calling the box office at 210-267-8388 or by visiting their website at <https://www.woodlawntheatre.org/>. A transportation reservation is required with Gabie or the Front Desk.



COOKING DEMO

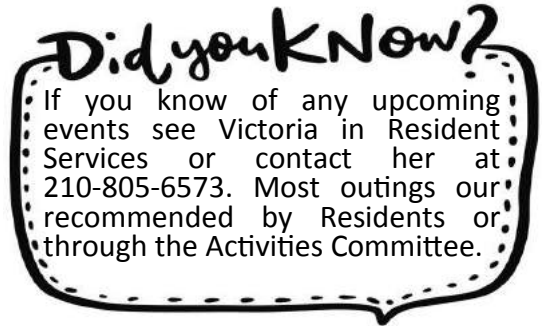
Tues., Feb. 18th | 3PM | Ped Mall
 Once a month, The Towers' culinary team demonstrates a quick lesson on various food options, some of which have become popular menu items. At the end of each demonstration, Residents will be able to taste a delicious sample the team has cooked up as well as request the recipe and ask questions.



Wed., Feb. 19th | 9AM | Oleander
 Dr. Tracy Board of Audicles Hearing will visit The Towers to assist you with all of your hearing needs. Please call Audicles directly at 210-820-0525 to schedule your appointment.



Fri., Feb 21st | 7PM | Off Site
 Join the Symphony for the 2019-2020 Classics season opener, *Dvorak Cello Concerto*. Under the Direction of Ruth Reinhardt, Symphony No. 7 in C Major, Op. 105; Dvorak Concerto in B Minor for Cello and Orchestra, Op. 104, will be composed by Andrei Ionita on cello. Ticket prices start at \$25 and can be purchased by calling The Tobin box office at 210-223-8624 or online at <https://tobi.tobincenter.org>. A transportation reservation is required with Gabie or the Front Desk.



BREAKFAST @



Mon., Feb. 17th | 8:30AM | Off Site
 Residents will visit The Guenther House for an early breakfast. To view their full menu please visit www.guentherhouse.com. Please note that this restaurant does not accept reservations and a short wait for your table may be encountered. In addition, tables will be seated in small groups. A transportation reservation is required with Gabie or the Front Desk.



Fri., Feb. 21st | 11AM-1PM | Mimosa
 Residents are welcome to begin shopping at 11AM at the Employee Rummage Sale. If you have items that you would like to donate, please contact the Front Desk at 210-805-6277 to schedule a time for a Front Desk Attendant to pick up your items. In an effort to prepare for the sale, donations will not be accepted **Sun., Feb. 16th through Sun., Feb. 23rd**. **Donation pick up will resume on Mon., Feb. 24th**; otherwise, donations are accepted year round and stored for future sales.

Tech Tuesday: Website Workshop



Tues., Feb. 18th | 10AM | Mimosa

The Towers Website sub-committee will make a short presentation on accessing and using The Towers website. Procurement of usernames and passwords will be covered as well as a review of information and services available when using the site. The remainder of the session will be a workshop devoted to individual problems and assistance. Residents are encouraged to bring their cell phones, laptops, or tablets they use to access the site. Website sub-committee members will be available to assist in resolving any problems users may have. Sign up is required with Gabie or the Front Desk.

Cook's Night Off:

Seafood Kitchen

Bourbon Street

Sun., Feb. 23rd | 4:30PM | Off Site

At Bourbon Street Seafood Kitchen, it is their goal to provide you with a delicious change of taste from fast-food lunches, all served with a smile. The entire staff at Bourbon Street Seafood Kitchen takes pride in preparing great food of the finest quality in a comfortable setting, and ensuring that the dining is as pleasant as possible. A transportation reservation is required with Gabie or the Front Desk.



Sun., Feb. 23rd | 6PM | Off Site

Spectacular Israeli-American mandolin-harp duo, Avi Avital & Bridge & Kibbey, bring virtuosity to center stage with a sophisticated program ranging from Bach to Villa-Lobos. Musical Evenings at San Fernando Cathedral merge the historic architecture of the nation's oldest continuously operating Catholic sanctuary with enchanting music of some of the finest, award-winning artists from around the globe. Admission is free. A transportation reservation is required with Gabie or the Front Desk.

Jolly Jubilee Jammers

Tues., Feb. 25th | 11AM | Ped Mall

Enjoy the music of the Windcrest Kitchen Band, aka the *Jolly Jubilee Jammers*. This is sure to be a fun performance. The instruments are as varied as the people who play them. Be sure to stop by and listen.

Lunch & a Movie:

LETTERS TO JULIET



Wed., Feb. 26th | 12PM | Mimosa

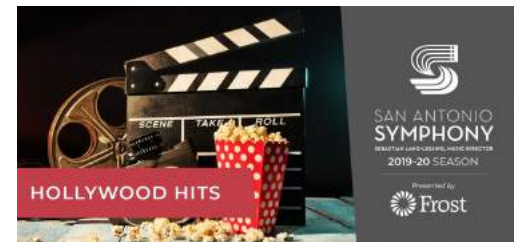
While visiting Verona, Italy, with her busy fiancé, a young woman named Sophie visits a wall where the heartbroken leave notes to Shakespeare's tragic heroine, Juliet Capulet. Finding one such letter from 1957, Sophie decides to write to its now elderly author, Claire. Inspired by Sophie's actions, Claire sets out to find her long-lost lover, accompanied by her disapproving grandson and Sophie. Residents will get a chance to watch the movie at no charge; however, if you would like a lunch the cost is \$5.00 per person. The menu will include: Cranberry Chicken Salad Croissant, served with chips and fresh fruit. Lunch will be served starting at 12PM, and the movie begins promptly at 12:10PM. Sign up is required with Gabie or the Front Desk, **no later than Fri., Feb. 21st.**



Thurs., Feb. 27th | 6:30PM | Off Site

Based on the true account of four women who worked for the Radium Dial Company watch factory in the late 20's and early 30's, the play chronicles the danger women faced in the American workforce, and the lack of concern by companies for protecting the health of its employees. The story relates the strength and determination of women considered expendable in their day. They are dying, it's true; but theirs is a story of survival in its most transcendent sense, as they refuse to allow the company that stole their health to kill their spirits - or endanger the lives of those who come after them. Ticket prices start at \$25 and can be purchased by calling the box office at 210-302-6835 or online at www.vexler.org/thesesshininglives.html.

A transportation reservation is required with Gabie or the Front Desk.



Fri., Feb. 28th | 7PM | Off Site

Experience blockbuster scores from *Raiders of the Lost Ark*, *Superman*, *The Magnificent Seven*, *Gone With the Wind*, and *Breakfast at Tiffany's* while unforgettable moments from these iconic films are projected on the big screen. Ticket prices start at \$25 and can be purchased by calling The Tobin box office at 210-223-8624 or online at <https://tobi.tobincenter.org>. A transportation reservation is required with Gabie or the Front Desk.



Birthday & Anniversary Party

Mon., Feb. 24th | 7PM | Ped Mall

Join your neighbors for a piece of cake and best wishes for the coming year! If you would like to be a sponsor the cake and/or ice cream in celebration of a friend or your own birthday or anniversary, please contact Veronica Valdez in the Resident Services Office 210-805-6283. The names of those who graciously sponsor will be posted on an easel as a way to recognize them at the party.



Health & Fitness



Wellness Center Announcements

- ♥ Please arrive to class at least 5 minutes before.
- ♥ It is important to empty the water extractor bucket after each use in the locker room.
- ♥ Due to the daily set schedule of fitness classes, the therapy bench is available before and after classes.

February Fitness Goals:

- ♦ **Fitness Component of the Month:** Cardiovascular Endurance
- ♦ **Health Benefit:** To improve the ability of the heart and lungs to supply oxygen and nutrients to the working muscles over a long period of time.
- ♦ **Fitness Objective:** Apply the specificity and FITT (frequency, intensity, time, and type) training principles to positively impact physical activity.
- ♦ **Featured Class of the Month:** Cardio Aerobics
- ♦ **Cardio Aerobics Theme:** Feel Good Love Songs



Did You Know:

- * Uncontrolled high blood pressure is one of leading cause of heart disease and stroke.
- * For maximum results and to improve cardiovascular endurance, target heart rate should be between 60—85% of your maximum heart rate.
- * The risk of heart disease can be significantly reduced by regular visits to your doctor and making heart healthy lifestyle changes.

Find the path to a healthier heart.



WELLNESS CENTER SCHEDULE

MONDAYS & WEDNESDAYS

Cardio Aerobics	8AM
Water Wellness	9AM
Strength Training	10AM
Core Power Training	10:45AM
Sit-n-Fit	11:30AM

MONDAYS & THURSDAYS

Gentle H ₂ O	1:15PM
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TUESDAYS & THURSDAYS

Aqua Aerobics	8AM
Total Body Conditioning	9AM
Yoga Stretch Fusion	10AM
Stretch & Restore Flexibility	11AM
Chair Balance	11:30AM

FRIDAYS

Towers Walkers	7:05AM
Cardio Aerobics	8:15AM
Water Volleyball	9:15AM
Strength Training	10AM
Core Power Training	10:45AM
Sit-n-Fit	11:30AM

Healthy Heart TIPS



GET ACTIVE

- Get at least 30 minutes of moderate physical activity 5x/week



MANAGE YOUR WEIGHT

- Being overweight can increase your risk of heart disease



LIMIT OR CUT OUT

- Salt, Saturated Fats, Alcohol, simple sugars and processed foods



EAT YOUR WAY TO A HEALTHY HEART

- Eat 5 portions of fruit and vegetables a day
- Eat fish twice a week (The Omega-3 fat help protect against heart disease)



MANAGE YOUR STRESS!

- Try practicing deep breathing to relax.
- Take a 30 minute break from your desk to help you relax!



GET ENOUGH SLEEP

- 6-8 hours of sleep is recommended each night



OTHER TIPS:

- Give back – volunteer your time!
- Learn not to sweat the small stuff!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>  <div> Off Site Events are in <u>BOLD</u> </div>  </div> <h1>February</h1> <h2>Special Events Calendar</h2>						1
2 <u>2:30</u> Inspirational Services <u>4:30</u> Super Bowl Potluck 	3 <u>12</u> Late Lunch: Capos Pizzeria <u>2:15</u> Line Dance <u>6:30</u> Olmos Ensemble	4 <u>10</u> New Neighbor Coffee <u>1</u> Tuesday Musical Club <u>7</u> Towers Lit. Club	5 <u>12:30</u> Happy Hearts <u>2:30</u> Don Irwin	6 <u>1</u> Aging Well <u>2 & 3:15</u> Safety Orientation <u>7</u> Evening Bingo	7 <u>7:30</u> Cowboy Breakfast <u>1</u> North Star Mall <u>3</u> Chili Cook-off <u>7</u> Classic Theater	8 <u>2:30</u> Bunco 
9 <u>6</u> Potluck and Game Night	10 <u>1</u> SA Rodeo <u>2</u> Towers 101 <u>2:15</u> Line Dance 	11 <u>9</u> Activities Committee <u>11:30</u> Military Women's Luncheon	12 <u>10</u> Food & Beverage Committee <u>1:30</u> Towers Travelers <u>3:30</u> Afternoon Bingo	13 <u>9</u> Facilities Committee <u>12</u> Treat of the Month: Sweetheart Shakes <u>2</u> Kitchen Tour	14 <u>1</u> Quarry Market <u>4:30</u> Valentines Party	15 
16 <u>2</u> Woodlawn: Music Man 	17 <u>8:30</u> Breakfast at: The Guenther House <u>2:15</u> Line Dance <u>7</u> Evening Bingo	18 <u>10</u> Tech Tuesday: Website Workshop <u>3</u> Cooking Demo	19 <u>9</u> Audicles <u>9</u> Budget & Finance	20 	21 <u>11</u> Rummage Sale <u>1</u> North Star Mall <u>7</u> SA Symphony	22
23 <u>4:30</u> Cooks Night Off: Bourbon St. <u>6</u> San Fernando: Musical Bridges	24 <u>10</u> Hospitality Committee <u>2:15</u> Line Dance <u>7</u> Birthday & Anniversary Party	25 <u>9</u> Board of Directors <u>11</u> Jolly Jubilee Jammers	26 <u>12</u> Lunch & a Movie: <i>Letters to Juliet</i> 	27 <u>6:30</u> Vexler Theatre	28 <u>1</u> Quarry Market <u>7</u> SA Pops	29