

# 'THE TOWERS' SMALL TALK

Volume 12, Number 19

May 28, 2011

From...  
Executive Director  
- **Greg Cunningham**-



## Memorial Day

The Towers' staff will observe **Memorial Day on Monday, May 30<sup>th</sup>**. We will operate on a weekend schedule. The Business Office will be closed and there will be reduced staff in other departments. The Front Desk will be in operation from 8:00 AM – 6:00 PM. The Deli will serve the regular menu for breakfast but will be closed for lunch. The Memorial Day brief program will begin at **11:15 AM** followed by the buffet from **11:30 AM to 1:00 PM** in the Ped Mall. Feel free to wear your respective uniforms. The Gardenia Room will be **closed for lunch and dinner**. The staff and I wish you a safe Memorial Day!

## To All Residents:

Please stop by the Magnolia Room on **Tuesday, May 31<sup>st</sup>**, any time between **2:00 PM – 4:00 PM** for cake and punch and to bid Greg Cunningham farewell and best wishes as he begins his new role as Regional Director of Operations.



**NIX Smart Living Seminar Reminder...Friday June 3<sup>rd</sup> at 12:00 PM – Coping, Hoping or Moping – Choosing Life, Love & Laughter**

There will be a self-administered screening: Geriatric Depression Scale, beginning at **10:30 AM**. Lunch will be served at **11:30 AM**, and Dr. Jones will begin her presentation at **12:00 PM**. Please sign up with LeeAnne or the Front Desk by Wednesday, June 1<sup>st</sup>, if you plan on joining us for lunch.

**New Sit-n-Fit Class Continues....**If you've ever considered attending the Sit-n-Fit class, but felt that it might be too complex, this class is for you! If you would like to try Sit-n-Fit and the current time doesn't work with your agenda, this Sit-n-Fit class is for you! If you want to get out of the high temperatures and come inside for some smooth calisthenics, well this class is for you! We will continue to offer the class on **Tuesday's** from **1:15 – 1:45 PM** and every Tuesday during June. The other Sit-n-Fit class that begins at 11:15 AM daily Monday through Friday will still be offered. Come join us for a great workout!

Your Fitness Specialist,  
Deborah Buie

## Fitness Center Locker Rooms

In an effort to provide more safety to our residents, emergency call buttons have been installed in both locker rooms in the Wellness Center. In case of an emergency, pull the cord on the Help alarm. When an emergency call is activated, an alarm is sent to the Security Office where the system is monitored 24 hours a day. Upon receipt of an alarm, a Security Guard will respond and take action as the situation necessitates.

## In Memoriam

**Ruth T. Campbell  
Unit #2305**

## DELI...



<b>Mon:</b>	Salad Bar
<b>Tues.</b>	Sloppy Joe with Sweet Potato Fries
<b>Wed.</b>	Beef Enchiladas with Rice & Beans
<b>Thurs.</b>	Chicken & Biscuit
<b>Fri.</b>	Shrimp Etouffee with White Rice
<b>Sat:</b>	Swedish Meatballs with Egg Noodles

