

Tower One/Tower East Event Calendar

\$4.99 Weekly Breakfast Special

Sunday – Friday 8:00 – 10:00 am Saturday 9:00 – 11:00 am
Eggs w/ choice of 1/2 Waffle or 1 Slice of French Toast,
Home Fries, & Coffee or Juice

Monday, July 9th

9:30 am	Wii Bowling	Meeting Room
10:30 am	Chair Exercises	Private Dining Room
11:30 am	Let It Shine	Meeting Room
1:00 pm	Nails to Go	T/E Lobby
1:00 pm	Relax & Rejuvenate	Private Dining Room
2:00 pm	Yiddish Group	Meeting Room
7:00 pm	Movie "I Can Only Imagine"	Meeting Room

Tuesday, July 10th

10:00 am	Coffee Klatch	Meeting Room
10:30 am	Hearing Clinic with Dr. Horowitz	TO Clinic
11:00 am	Current Events	Private Dining Room
1:00 pm	Arthritis Exercise	Meeting Room
2:00 pm	Knitting Group	T/O 20 th Floor Lobby
7:00 pm	Joyce Saltman	Meeting Room

Wednesday, July 11th

10:45 am	Towers' Chorus Rehearsal	Meeting Room
11:30 am	Chef's Center Stage	Dining Room
2:30 pm	Bingo	Meeting Room
3:00 pm	Sleeping Mat Planning Learn and Make	T/E Lobby
7:00 pm	Movie "Serena"	Meeting Room

Thursday, July 12th

10:30 am	Art Class	TO 20 th Floor
1:00 pm	Arthritis Exercises	Meeting Room
2:00 pm	Walk and Talk with Pat	Dining Room
4:00 pm	Gospel Choir Rehearsal	Meeting Room
5:30 pm	Seasons Hospice & Palliative Care	Meeting Room
7:30 pm	Greater Hartford Opera Ensemble	Dining Room

Friday, July 13th

9:30 am	Wii Bowling	Meeting Room
11:00 am	Chair Exercise	Private Dining Room
11:00 am	Christian Bible Study	Meeting Room
1:00 pm	Create-a-Word	Private Dining Room
1:45 pm	Yoga, Balance, and Weight Training	Dining Room
2:00 pm	Tai Chi for Men	Meeting Room
2:45 pm	Trivia	Private Dining Room
3:00 pm	Tai Chi for Women	Meeting Room
5:30 pm	Dominoes	T/E Lobby
7:00 pm	Shabbat Service with Richard Gans	Towers Synagogue

Saturday, July 14th

10:00 am	Shabbat Service with Ruthie Greenblatt	Towers Synagogue
1:00 pm	Bridge Game	T/O Dining Room
2:00 pm	Movie "Now You See Me"	T/E Meeting Room
7:00 pm	Bingo	T/O Dining Room
7:00 pm	Movie "Gravity"	T/E Meeting Room

Sunday, July 15th

2:00 pm	Movie "Avalon"	Meeting Room
7:00 pm	Movie "Liza with a Z"	Meeting Room

Shopping Bus Schedule & Hours

Stop & Shop – East Haven	Tuesday 10:00 am
Stop & Shop – Hamden	Thursday 10:00 am & Friday 10:00 am
Gift Shop Hours	Monday thru Friday: 1:00 – 3:30 pm
Towers Hair Salon Hours	Tuesday thru Friday: 9:00 am - 3:30 pm
Café Hours	Sun - Fri: 8:00 am – 1:30 pm; Sat: 9:00 am – 1:00 pm & 4:00 pm – 6:00 pm
Convenience Store Hours	Sun - Fri: 11:00 am – 3:30 pm; Sat: 12:00 pm – 3:30 pm & 4:00 pm – 6:00 pm
Bank Hours	Tuesdays and Thursdays: 9:00 am – 11:00 am